

SCHOLASTIC COACH

SEPTEMBER 1956 • 25c

IN THIS ISSUE

Mechanics of the Belly Series
(pages 7-11, 14-15)





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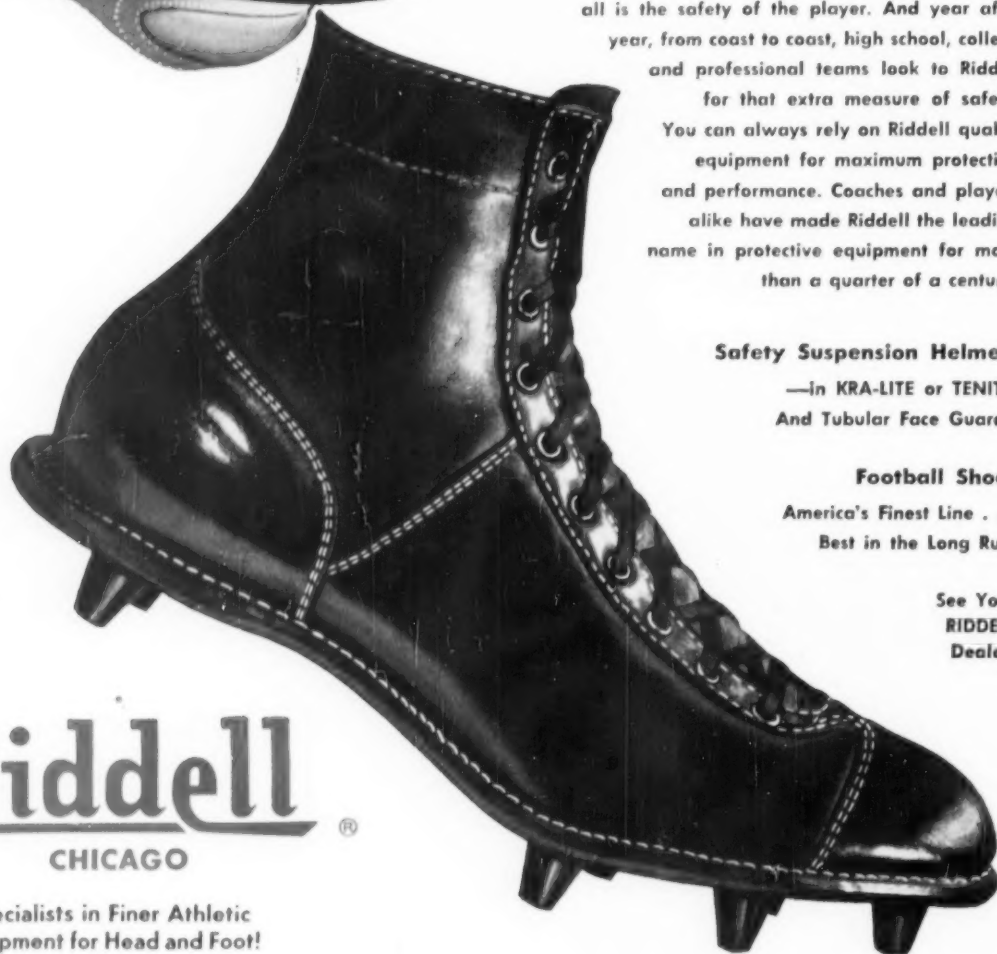
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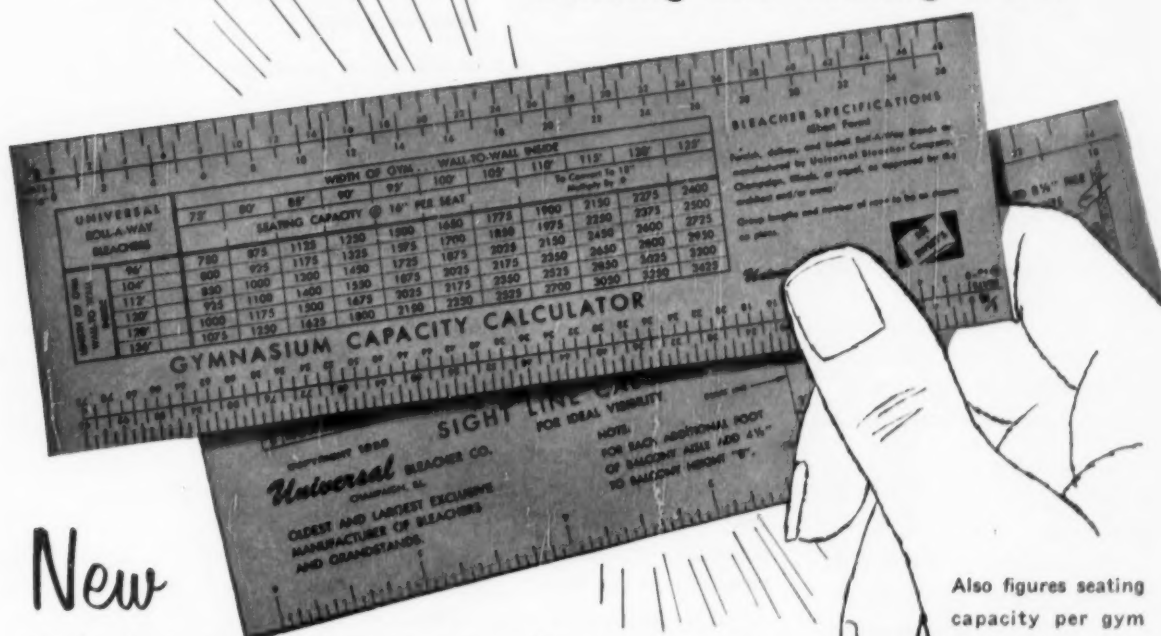
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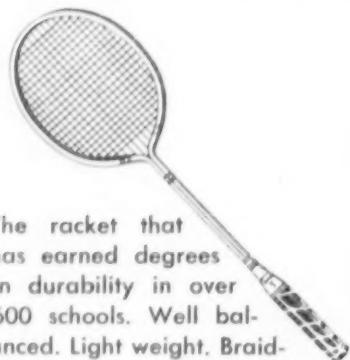
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SCHOLASTIC COACH

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VOLUME 26 • NUMBER 1 • SEPTEMBER

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Here
Below

Genius and simple simonism

HOWDY, men, hope you all had a great summer and that your freshman class is jumping with kids who can run like scared hurricanes and knock down trees with their bare heads.

What a year this ought to be for the grid game! Over the past three months, we put in a lot of bull-session time with high school, college, and pro coaches, and we're convinced that the 1956 season will be an all-time record breaker, both financially and artistically.

The high school men we met enthused about the number of bigger and more football-knowledgeable kids coming out for their teams, the college men raved about the great coaching job being done in the high schools, and the pro coaches licked their chops over the college seniors who'll be eligible for the play-for-pay ranks next year. (It's generally agreed that the 1955 senior crop was sub-par, but that the 1956 graduates will make up the greatest draft in pro history.)

Our concentrated exposure to such a wide assortment of football coaches left us with a new respect for the genre. No other coach has such a tremendous organizational job to do every year. No other coach has so much technique to teach and so many technical problems to overcome from day to day, week to week, and season to season.

Baseball, basketball, track, and the other team games remain pretty static from year to year. Football is in a constant state of flux. On offense, it has shifted from single wing, to double wing, to short punt, to straight T, to winged T, to split T, to multiple offense. And now it's in a state of refinement—with flankers, modified spreads, unbalanced lines, line blocking rules, automatics, and belly series being the blue-plate order of the day.

The same revolution and evolu-

tion have occurred on defense. Enormous changes have been wrought in basic alignments, individual stunts, and coordinated maneuvers. Every clinic and bull session resounds with profundities about the "Eagle" defense, shooting linebackers, umbrella defense, keying, rotation, drop-backs, and "reading."

The football coach has a congenital hatred for the status quo. He's rarely satisfied with what he has. He's constantly experimenting, inventing, adapting, and changing. And the result is evident in the modern game. It's a masterpiece of overall planning, streamlined design, integrated speed-brawn, pinpoint timing, and strategical brilliance.

Off the athletic beat, the football coach may be nothing more than a Babbitt. On it, the darn guy is a genius.

DON QUIXOTE RIDES AGAIN

FOR sheer stupefying bumble-headedness, you've got to tip your forelock to Avery Brundage. That Don Quixote of amateur athletics has been tilting with Victorian windmills for so long that he's lost all sense of reality.

His latest exudation sounds like something out of Alice in Wonderland by way of the Boy Scouts of America. He wants every competitor in the 1956 Olympics to swear on his honor to remain an amateur from now to eternity.

The old boy seems to feel that only the noblest and purest of mankind are fit to compete in the Olympics; that it isn't enough for a fellow to be an amateur just for the duration—he's supposed to make a lifetime project out of it.

Before competing in this holy sports meet, the athlete is expected to search his soul. If he stumbles across a dollar sign anywhere, he's

supposed to seek out the nearest brass hat and turn in his amateur union card. "O Lord and Master," he's expected to say, "please scratch me out of the basketball tournament. If the wife and kiddies keep screaming for oatmeal, I may have to play with the Harlem Globetrotters someday. Sob, sob."

Since very few parallel bar champions or hop, step and jumpers can make a buck at their arts, Mr. Brundage is taking dead aim at the basketball players, figure skaters, and boxers. Many of these Olympic champions have parlayed their fame into pro contracts, and Lord Avery believes this is a barnacle on the holy Olympic grail.

By what devious process of logic he arrived at this infantile conclusion, we don't know. But it's fairly typical of the one-track mind. It's all right for an Olympic athlete to capitalize on his fame in the business world. But it simply isn't cricket to earn an honest buck by his athletic skill.

What Mr. Brundage would like to do is make the Olympics a playground for the simple simon pures. What he may well do, if he doesn't watch out, is to contribute to the delinquency of champion athletes. Many an athlete will shut his mind while taking the pledge, then turn pro right after collecting his medal.

And precisely what is Mr. Brundage going to do about it? He mumbles something about throwing out all those events which produce a given number of eventual professionals. But that's just plain malarkey.

If Mr. Brundage persists in this policy of simple simon puredom, we're all for following Bob Considine's suggestion of giving him a dinner, presenting him with a gold medal old school tie, and returning him to the Smithsonian Institute, Victorian Division.

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If you want the latest football, then try the new Wilson "TD". This entirely new ball was introduced in 1956 Bowl games (Rose Bowl, East-West and Blue-Gray). 180 minutes of play—with only 1 lost ball due to fumbling!

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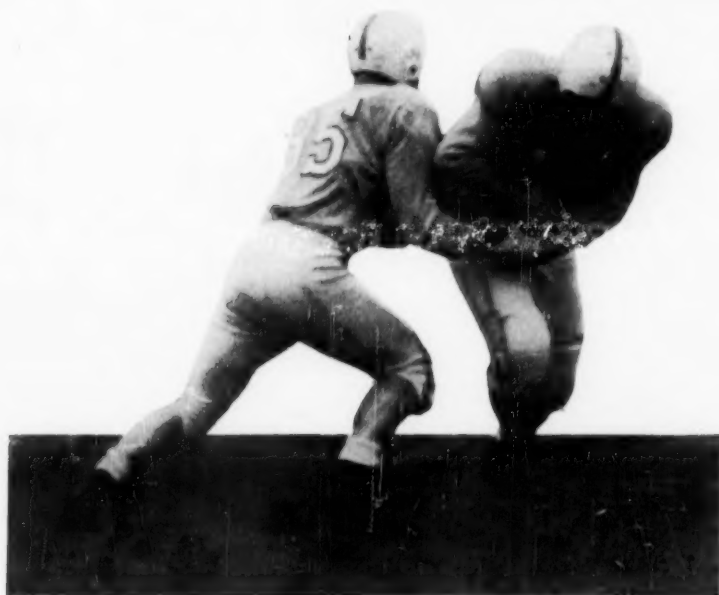


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By **JOE STANCZYK**
Backfield Coach, Columbia University

MECHANICS OF THE BELLY SERIES

THE Belly series is enjoying the same success and popularity that the Split T did just a few short years ago. Popularized by Georgia Tech, the Belly is predominantly a T formation adjunct. But other formations have also been using it with fine success.

The entire series places a great premium on good ball-handling, faking, and timing, with particular emphasis on deception. This factor eases the blocking effort of the forward wall by setting up better blocks for them.

INSIDE BELLY

The Inside Belly exerts pressure on the interior lineman and the backer-up on the side of the play. Its success rests on the faking ability of both the quarterback and fullback, plus the running ability of the left halfback. He must be adept at picking his hole since it seldom opens up twice in the same spot, and there'll be times when he'll have to slide to the outside of the defensive end or break back over his own tackle.

Let's break the Inside Belly down into its component parts with specific emphasis on the maneuvers of the backfield. Before we do that, just a few words about the depth of the backfield. This is very important from the standpoint of faking and ball-handling.

The backs should never be any deeper than three yards from the ball. There should be as little daylight as possible between the quarterback and the start of his "ride" on the fullback. It should be made immediately evident to the defense that the ball may be given to the fullback or placed in the pocket and withdrawn, as the case may be.

The right halfback drives toward the defensive end and then slides to the outside onto the wide backer-up.

The fullback doesn't start in anticipation of the passing count. He starts when he hears the passing count. This very slight and almost unnoticeable delay gives the quarterback a chance to step-out and initiate his "ride" before the fullback is too far by him—a matter of timing to effect a better fake.

Once the fullback starts up, he runs just as he would on the buck. He must have good body position, with his head up, left elbow raised to give the quarterback a pocket, and the right arm and hand on the inside of the right hip, prepared to come up under the ball, whether the ball is given or just faked to him.

As soon as the "ride" is completed, his right shoulder drops and his body turns to the inside, with the arms simulating reception of the ball. The fullback's drive is over and through the inside leg of the offensive tackle. He should con-

tinue his fake beyond the line of scrimmage in order for it to be effective in freezing the defensive men in the immediate area.

A short one or two step fake is just as worthless as none at all. The quarterback should give the ball to the fullback often enough to keep the defense honest.

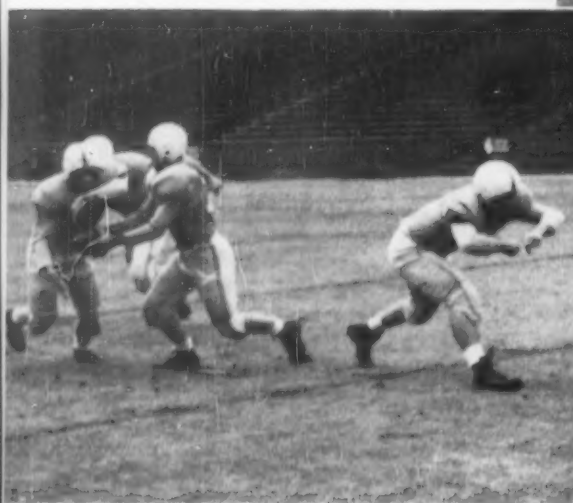
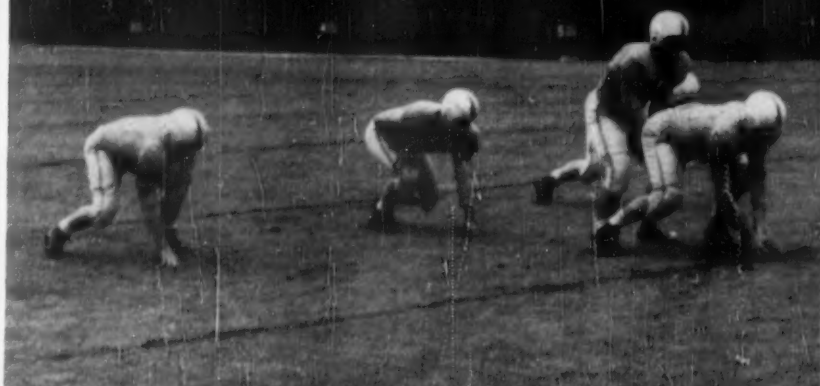
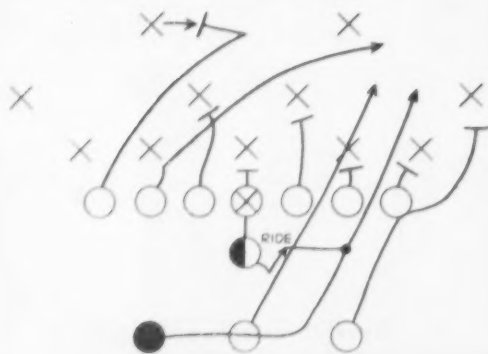
The left halfback takes three steps to his right, parallel to the line of scrimmage, starting with the right foot—which is nothing but a position or directional step. He follows this with a left step and a right step. The cut into the line and for the hole is made on the latter step. Once the corner is turned, a pocket for the ball is made exactly in the same manner as that of the fullback.

The ball is received from the quarterback at an approximate depth of one and one half yards behind the line of scrimmage as he angles for the hole. He must be prepared to break left or right.

Now we come to the most important phase of the play—the maneuvering of the quarterback. His first step is a position step-out to the right, left foot anchored. The ball is held firmly in both hands and the body is turned at a 45° angle on the first step.

The "ride" is started off the right hip. The ball is "looked" into the pocket formed by the fullback, with only the ball and the hands pro-

INSIDE BELLY



jected into the target—not the arms. The "ride" is continued until the ball swings to the left hip of the quarterback, and then is withdrawn quickly and "held" in front of the body with the elbows at the hips.

As the "ride" is completed, the left foot is positioned down the line behind the fullback. The quarterback then takes an additional down-the-line step with the right foot and feeds off to the left halfback.

OUTSIDE BELLY (SEE PP. 10-11)

The Outside Belly places pressure on the defense from the offensive end out. It again depends on good faking and ball-handling. Your fullback must be a definite running threat off-tackle to make the play operate. You must have a quarterback who is resourceful and alert in terms of the option play. He must be able to size up the situation in a split-second and react accordingly.

The time element is important because of the development of the play and the possibility of strong

pursuit. This latter factor emphasizes again the extreme importance of the fullback faking into the off-tackle hole as well as his potential as a runner.

The off-tackle and the option play are look-alikes, except for the ultimate objective of each. Naturally, the blocking involved is slightly different in the line.

The right halfback drives into the gap between the offensive guard and tackle, off the tail of the pulling guard. His job is to freeze the backer-up. The quarterback should give him the ball now and then to keep the backer-up from drifting with the lateral motion of the play.

The fullback takes three steps to his right and parallel to the line of scrimmage. The first step is a direction step, followed by a left and right step, with the cut being made on the latter step. As the cut is made, the fullback forms a pocket with his arms and body just as he did on the Inside Belly. He then drives over and through his offensive end, faking all the way.

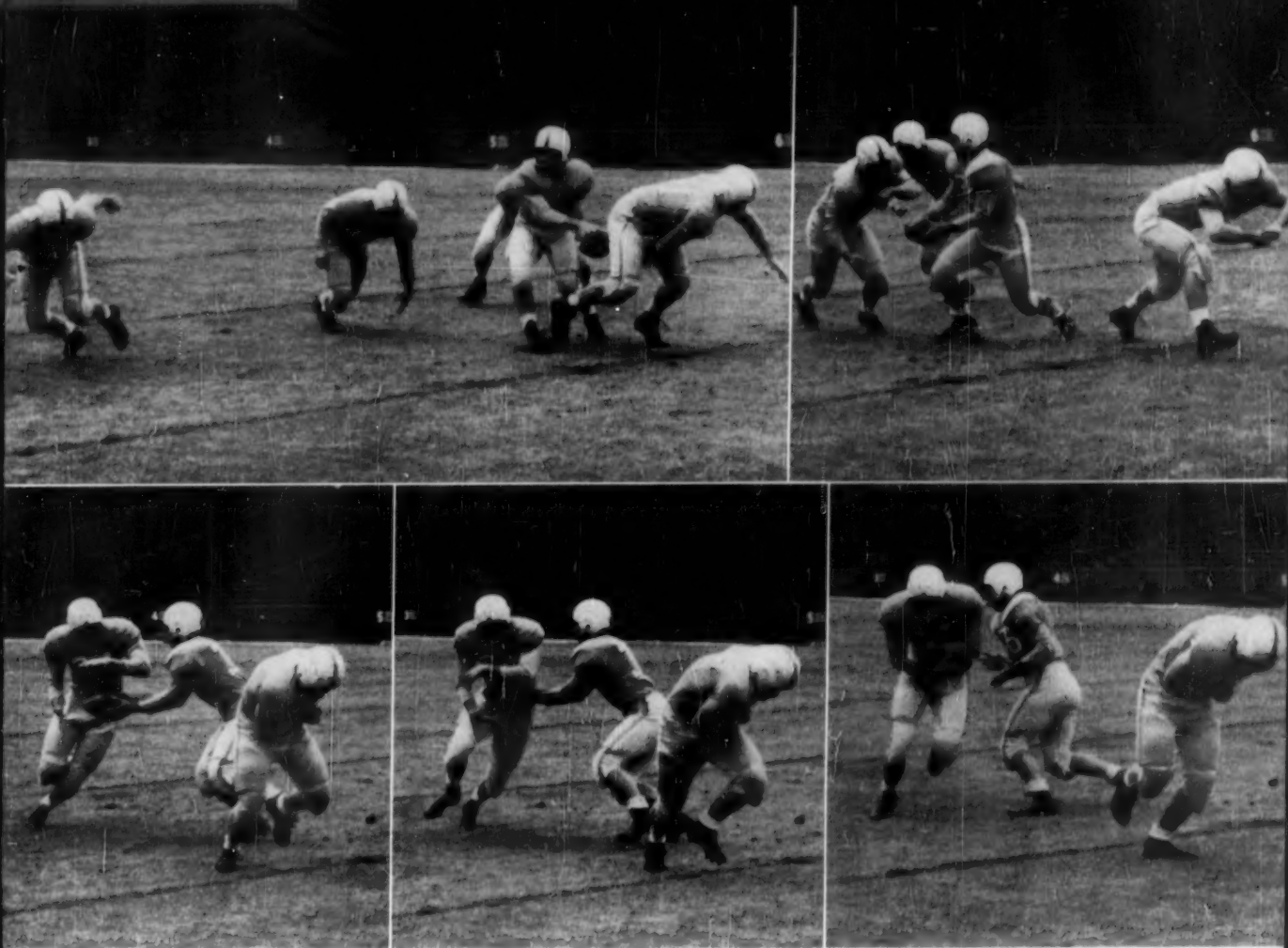
His maneuver on the off-tackle play is the same, except that he's

given the ball by the quarterback at exactly the same spot at which the "ride" occurs on the option play.

The left halfback starts to his right, the first two steps a duplicate of his maneuver on the Inside Belly. He gets depth on his third step to a distance of one and a half yards from his starting position, running hard but under control to position himself for a pitch from the quarterback. He must be beyond the quarterback on the pitch, otherwise the timing of the play will be slowed down too much in terms of outside pressure, the block of the pulling guard, and the "ride" of the quarterback.

The quarterback steps out to his right with his right foot first, at a 45° angle, in the direction of a spot slightly in advance of where the right halfback stood before the play started. The first step is followed by a left and right step. The ball is held in both hands, waist high, with the elbows pinned to the side.

The first two steps can be taken fast, but the third step must be taken deliberately and under control because the "ride" is initiated



on this step. If this step isn't anticipated, so to speak, the quarterback will be off-balance and not in good position to properly fake to the fullback. He must not only be under control but almost at a standstill to execute his "ride."

Make certain that his head is up and not in a position where the left elbow of the fullback and his face come in contact. This has often been the sad experience of many quarterbacks.

The actual "ride" is the same as that on the Inside Belly. There's

one slight exception, and that is the shuffle of the left foot. The motion of the "ride," which consists of the forward motion of the fullback as well as the hands and arms of the quarterback, is accompanied by a slight shuffle of the left foot toward the line of scrimmage. As the ball is withdrawn, the quarterback is in position to either pitch or keep.

The pitch is made off the hip in a semi underhand fashion, with the wrists and arms being the main propelling and directional force. The pitch is made off the left foot, with the right foot pointing and stepping in the direction of the throw.

If the keep is to be executed, the drive is still off the left foot with the right foot stepping down the line and off the tail of the fullback. In this case the option is executed on the outside man, whether he's the backer-up or the halfback.

If the quarterback knows that the force is being made quickly, he can readily call a take-off of the option play—a predetermined play where the end is released downfield immediately as an extra blocker or can "swing" the gate on the wide

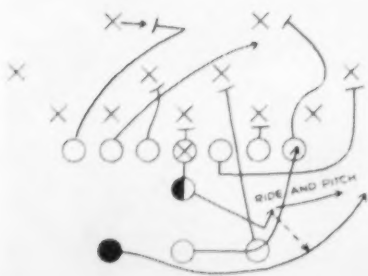
backer-up, depending on the type of defense being utilized. The back-field maneuvers are the same as those on the option play, except that the "ride" is shorter and consequently the pitch is accelerated.

Just as the Belly has been integrated with other types of offense, so in turn must it be articulated and complemented with other ideas of offense. Every offense must utilize a change of pace to be effective and successful. Deception alone will not win ball games.

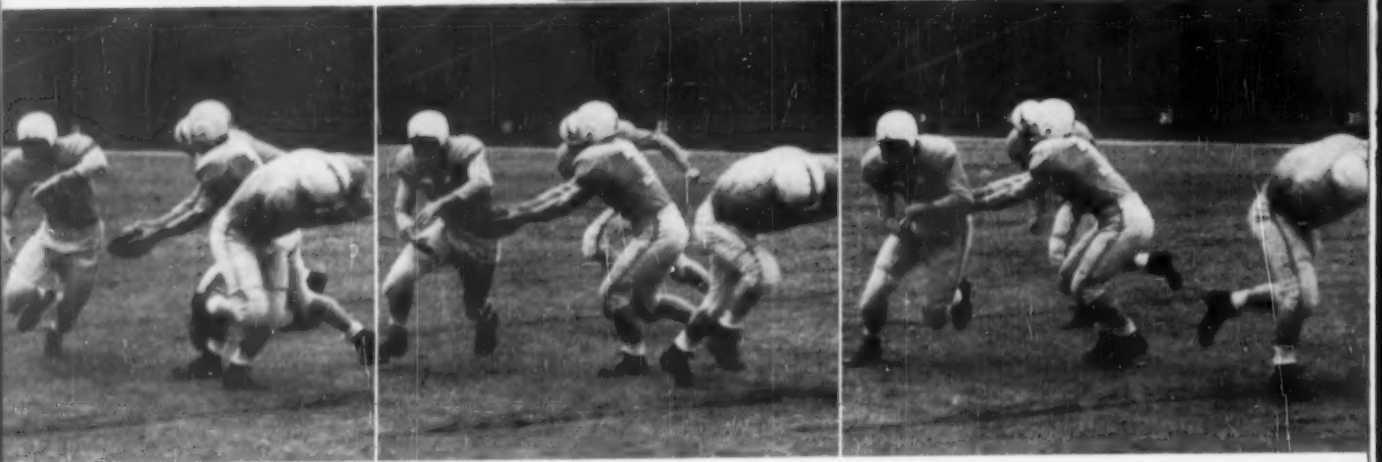
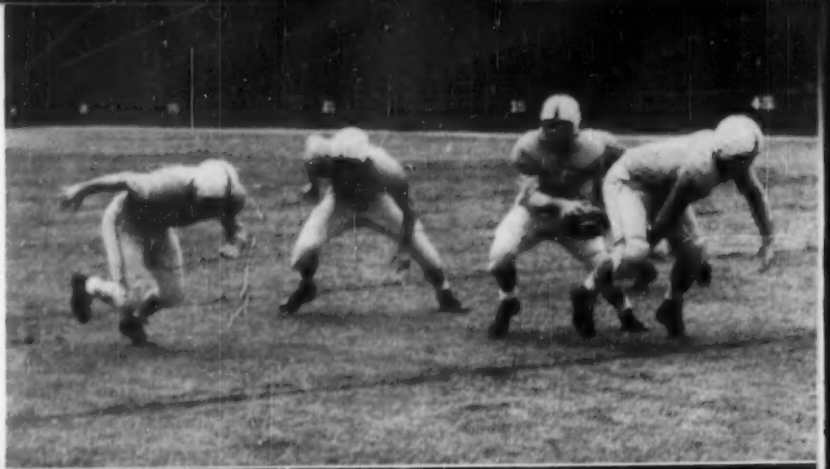
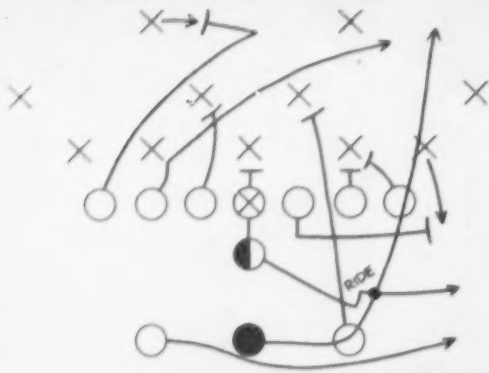
Fast-striking plays must be a part of the repertoire as well as double-team or power plays, whether they be of the trap or wedge variety, to keep the defense from sliding too fast. The passing game should be effective enough to make the defense respect it, and should be operated from the basic fakes.

The entire series presents a pleasant challenge to the youngsters operating it. They know that they must do a good job of carrying out their fakes to make it go. It's a source of satisfaction to know that you've outmaneuvered the other fellow on good deception.

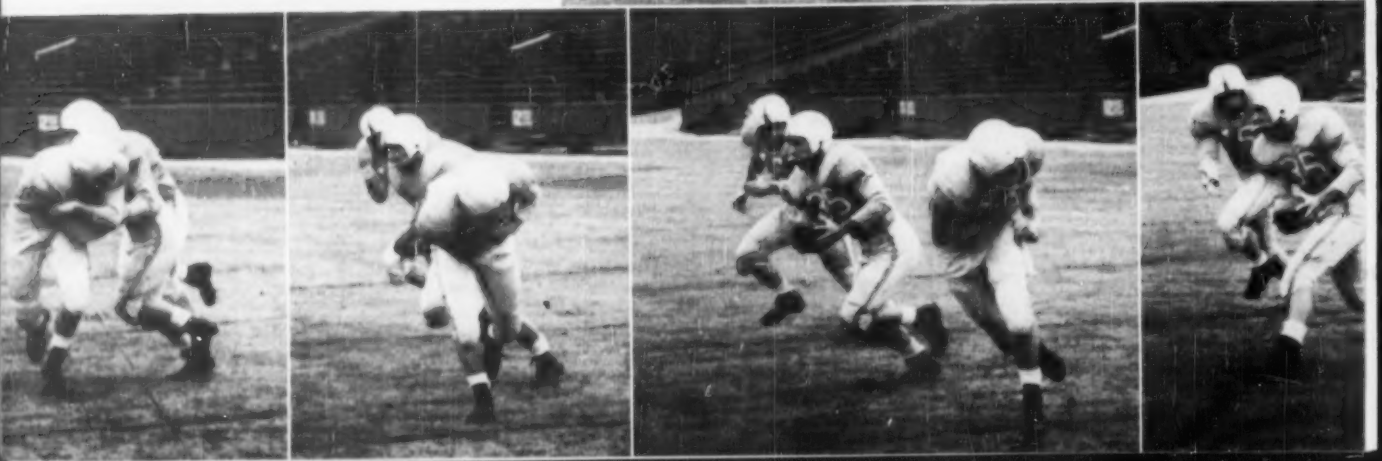
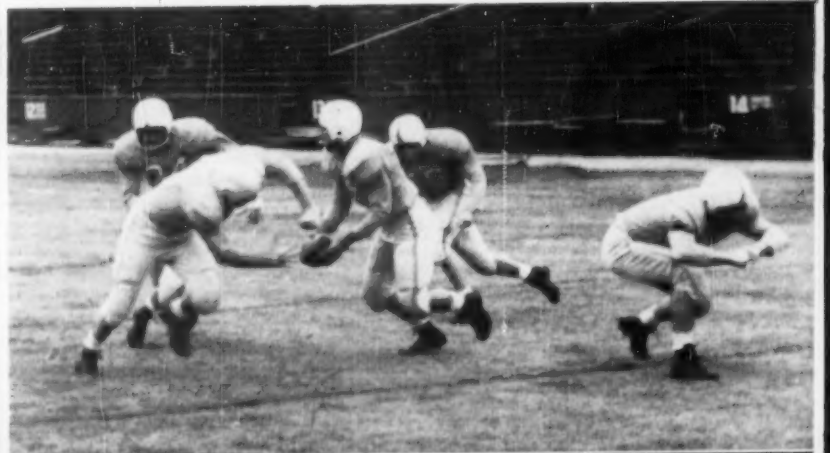
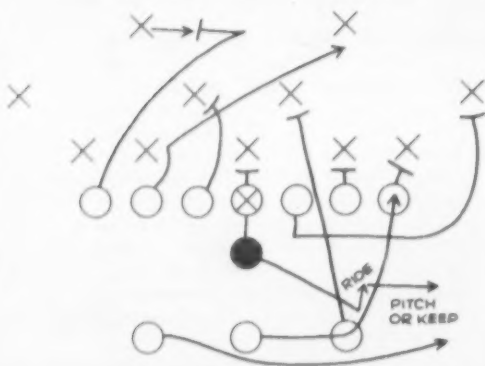
OUTSIDE BELLY, PITCH

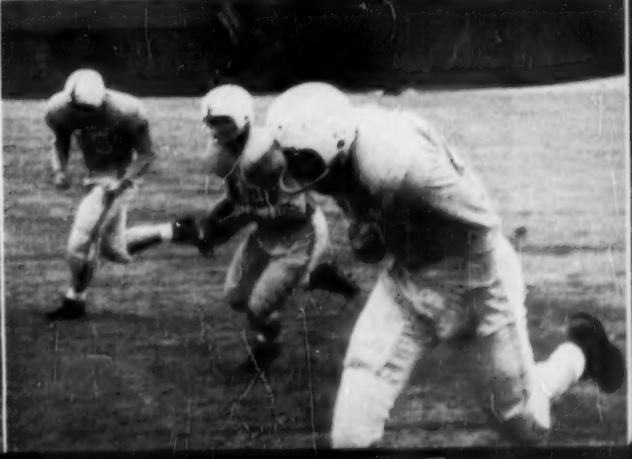
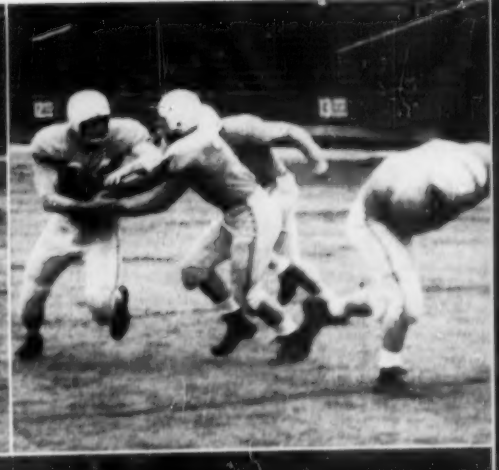
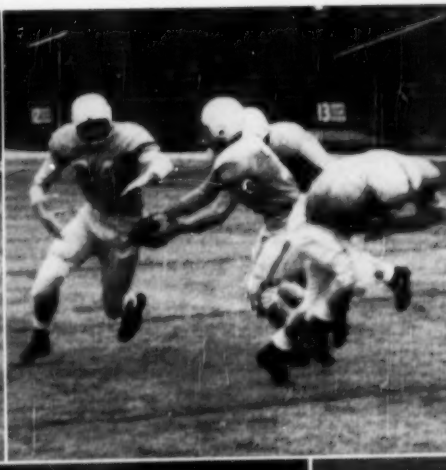
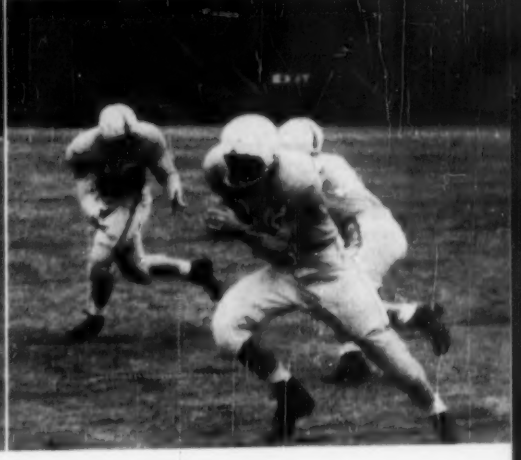
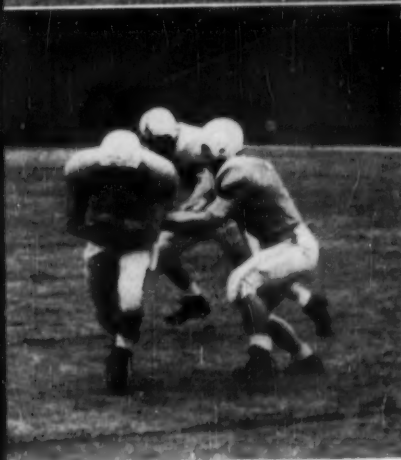
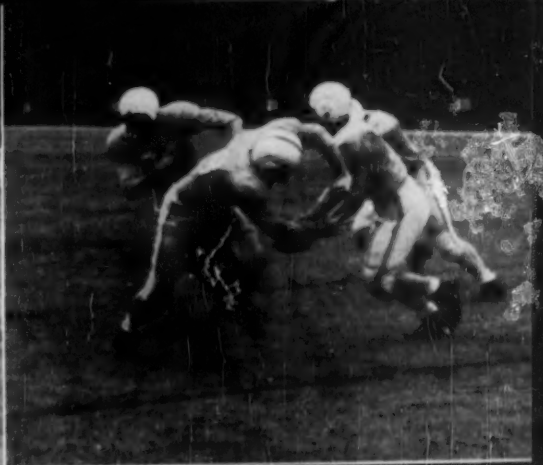
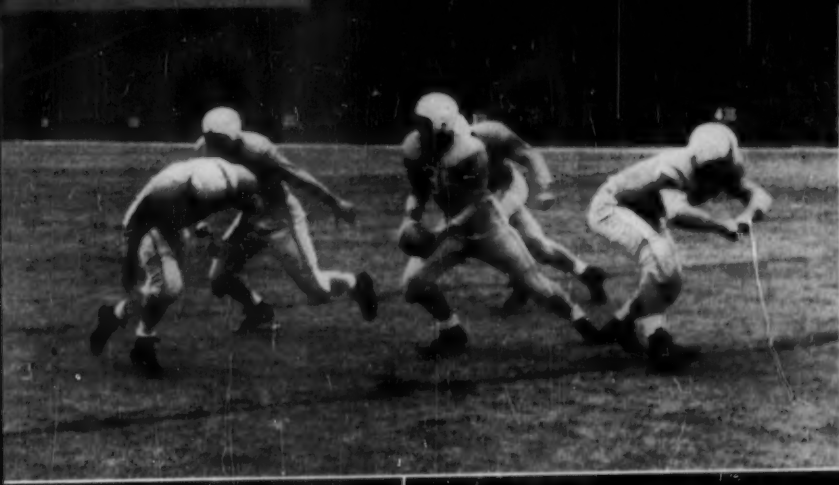


OUTSIDE BELLY



PITCH OR KEEP



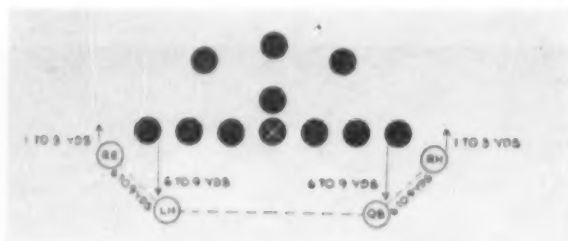


A Flexible, All-Purpose System of Team Defense

By AL DAVIS, Line Coach, The Citadel

THE key to winning football lies in a sound, flexible, all-purpose defense that can adjust to any offensive alignment. The defense must be meticulously planned, easy to teach and assimilate, and foster confidence. That's easier said than done, of course. But it can be done, and my purpose here will be to demonstrate—step by step—exactly how such a defense can be set up under game conditions.

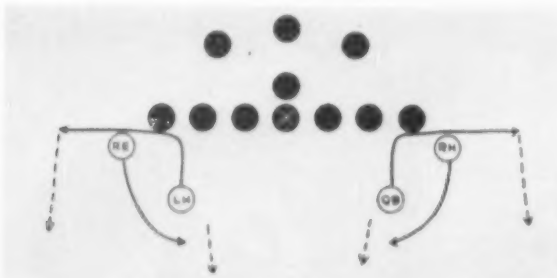
Before the initiation of any offensive play, our secondary *always* deploys in an "umbrella." The umbrella is an integral part of our defense, and the four "spokes" in it are assumed by specific offensive men.



Diag. 1. Setting Up the Basic Umbrella

As shown in **Diag. 1**, our offensive RE must be capable of playing the corner on the defensive left side of our umbrella. Our RH plays the corner on the defensive right side, our LH fills the deep spot on the defensive left side, and our QB fills the deep spot on the right side.

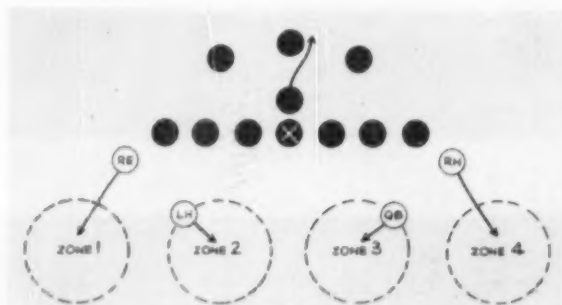
Though the play of the secondary isn't indigenous to this work, I'd like to point out that we do many things with them, such as rotating, concealing a half-



Diag. 2. Beating the Short One

back, straight-lining, and beating the short one.

Diag. 2 illustrates beating the short one. Anticipating the snap, our deep backs move forward directly at the ends and jolt them, then react to the flat. The outside backs immediately protect the deep zones.



Diag. 3. Secondary in 4-Deep Zone Alignment

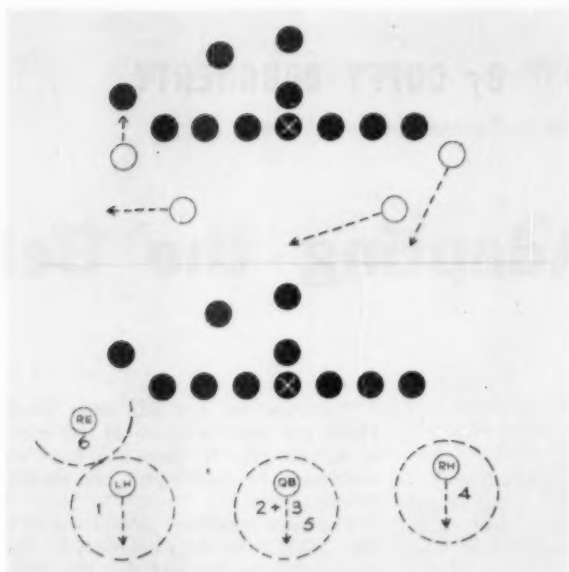
We always utilize a zone defense, with 2, 3, 4, or even 5 men deep. **Diag. 3** shows our secondary in a four-man deep zone alignment. The specific set-up of our zone may be determined either before or after the snap, depending upon the offensive tendencies. How can it be set up *after* the snap? Either by specific keys on individual backfield men or by a coordinated defensive backfield movement.

To digress a bit, I'd like to point out one of the reasons we feel our RE must be able to play the defensive corner spot on the left side. Most clubs run more plays to their right, and our left corner backer, being the right end on defense, is thus better equipped to understand the problems involved and to cope with them.

To meet flanker or running strength to the right requires several counter moves on the part of the umbrella as well as the inner defense. The umbrella must move as a unit with rhythm and purpose similar to a big league infield.

One of these movements is known as rotation. **Diag. 4** shows one of our adjustments to offensive strength right and the particular zone responsibilities in case of a pass. This puts our defensive left corner man (RE) in a short position, almost as if he were a defensive LE with short zone responsibilities. The other backs cover the three deep zones.

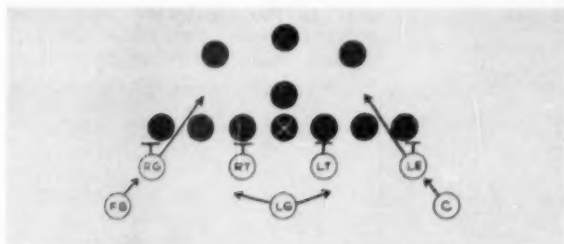
Our inner defenses relate to the umbrella the way



Diag. 4. Rotation to Meet Strength Right, Putting Three Deep Men in Three Deep Zones

an engine of a car does to its body. The umbrella is the framework, or body of the car; while the seven men who comprise the inner defense are comparable to the engine. Both are distinct from each other in shape and function, but coordination and integration are essential for smoothness and power.

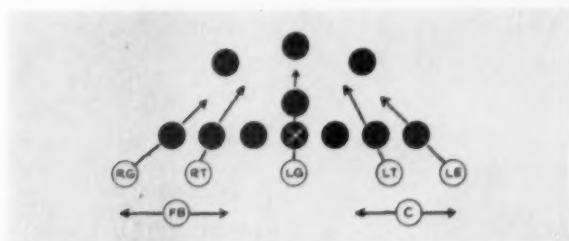
We have seven basic inner defenses, excluding goal line and special defenses, each of which is designated by an alphabetical letter.



Diag. 5, the "A" (soft 4-3) Defense

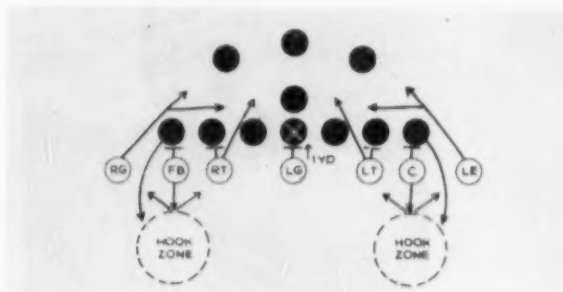
Diag. 5 shows our "A" defense. This 4-3 is a soft defense that permits excellent pursuit, good pass coverage, and wonderful effectiveness against trapping teams, no matter what the offense may be.

Diag. 6 is our "C" defense. Though not used as frequently as "A", "E", or "O", it provides solid pressure



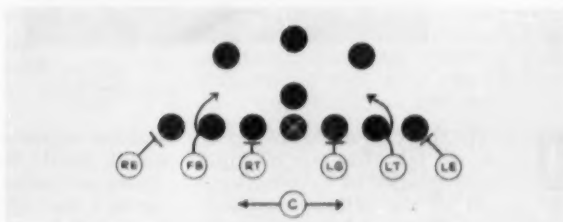
Diag. 6, the "C" Defense

and rush without detracting from our pass defense, and also provides a good change of pace.

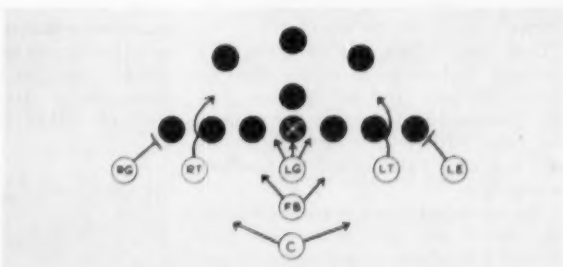


Diag. 7, the "E" (most popular) Defense

Diag. 7 depicts the "E" defense, our most popular and successful alignment, which is most closely related to our overall defensive theory.



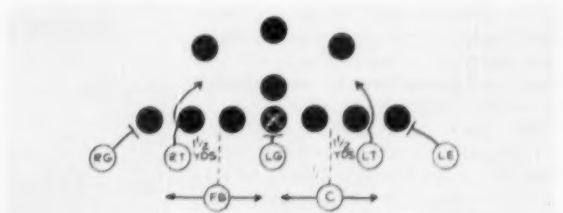
Diag. 8, the "G" (good soft) Defense



Diag. 9, the "L" (straight line) Defense

Diag. 8 outlines our "G", a good soft defense with excellent long and short coverage of passes.

Diag. 9, the "L", exploits the straight-line principle, and is employed as a change of pace—especially against option play teams.



Diag. 10, the "O" Defense (vs. option plays)

Diag. 10 shows the "O" defense, mostly used against option play teams. It is a soft defense that offers excellent pursuit, adequate pass coverage and—when teamed with "A" and "E", an excellent change of pace.

(Continued on page 44)



By DUFFY DAUGHERTY

Adapting the Belly

DURING the era of the two-platoon, we felt that our multiple offense enabled us to complicate the life of all the defenses we met. With the advent of limited substitution, our type of offense stood up very sturdily. In fact, it gave the defense a tougher challenge than ever before.

Over the years, we've been extremely fortunate in being able to move the ball, and we believe that the fundamental reason for this is the ease with which our alignment and blocking rules adapt themselves to change.

We have only two types of blocking rules for our line—the dive blocking and the single wing or delayed blocking. With these two rules, we can run the unbalanced single wing—which was, is, and will be effective as long as football is played. We can run portions of the balanced "T" attack by splitting our right end, and phases of the pro attack by splitting our right end and flanking a halfback.

The adaptability of our offense was brought into focus more vividly last year. In summarizing our offense, we found that of our thirteen best plays eight were new!

We had experienced so much trouble in stopping the Belly series that we wanted very much to add it to our regular offense. Since we run so many different plays, any additions must adhere to the present blocking rules. We decided, therefore, to run the Belly series employing the dive blocking rules that had been established.

We realized that we wouldn't get the most out of the series, but felt

that the increased defensive burden would justify the addition.

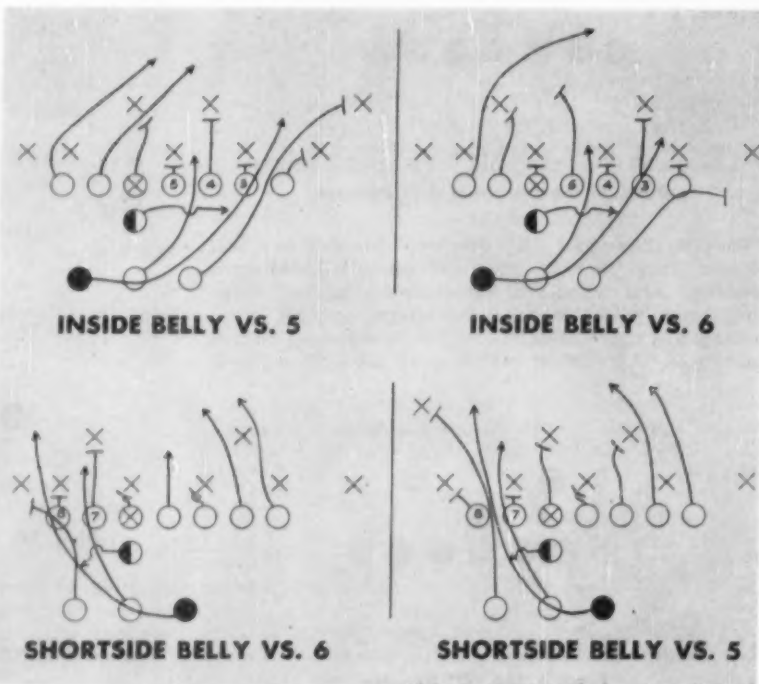
Like so many other offenses, we number the offensive men as follows: 8, 7, 6 (center), 5, 4, 3, and 2. The wide spots are numbered 9 (left) and 1 (right).

In making our rules, we stress simplicity and involve as few people as possible. In our dive blocking, we have a rule for the "call man"—the man we're diving over—and the men on either side of him.

The rule for the call man is to block the man head-on or the man in either gap. If there's a man in both gaps, he calls "gap" and blocks to the inside.

The man on either side of the call man blocks the man head-on or the man between himself and the next offensive man. If there's no one in either of these positions, then he goes on the nearest linebacker. If the call man calls "gap," both men block toward the call man and the back veers to the opening.

When we put in the Belly or drive series, we felt that we could run two inside plays to the right, running at the 4 hole and the 3 hole. After watching some of the game films, however, we noticed that the left half invariably went through the 3 hole. So we decided to use the blocking at the 3 hole for our inside play to the right. We maintained



The famous Michigan State University coach runs the belly series

from his unbalanced line setup, employing regular dive blocking rules

to the Multiple Offense

some semblance of running two separate plays by diving the FB at either the 5 or 4 man, depending on which one was free.

The techniques involved in the backfield are relatively simple. On the inside Belly to the right, our right halfback dives at the inside leg of the end and keys on the end's block. If the end blocks out on the defensive end, the halfback blocks through the hole and seals outside. If the end blocks the man head-on, then the halfback turns out on the defensive end.

Our fullback, as I mentioned before, dives at either the 4 or the 5 man, depending on which one is free. As soon as he feels the quarterback put the ball in his stomach, he turns straight up the field, keeping his head up and trying to give every indication that he's looking for some yardage.

The left half starts straight across, and as he gets to a point directly behind the center he starts up the field, cutting off the fullback's hip and ducking into the line wherever he can find a hole. Sometimes the play breaks even outside of the end.

The quarterback's action is very important, of course, but fairly easy. We want him to step with the foot in the direction he's going, straight out along the line, and reach back to the fullback with the ball. He must stay low in a squatting position, and keep his head up.

He makes a long, determined ride with the fullback, taking a step up into the line with his left foot and transferring his weight to the left foot. As the fullback clears, the quarterback steps behind him with his right foot and hands off to the left halfback. After his hand-off, he tries to give some wide pressure by sprinting to the outside.

Our Belly play to the short side is very similar. The action of the quarterback remains the same. The left halfback dives at the inside leg of the end and keys on the end's block. If the end blocks out, the halfback blocks through the hole

and seals outside. If the end blocks the man head-on, then the halfback turns out on the defensive end.

The fullback dives at the outside leg of the 7 man and turns up-field as he feels the quarterback put the ball in his stomach. The right half starts straight across, and as he reaches a point directly behind the center, starts up the field, cutting off the fullback's hip.

The outside Belly play to both sides is blocked the same as the inside play, except that our line tries to turn the defensive men to the inside. The backfield technique, however, is somewhat different than on the inside play.

When going to right, the right half dives at the end's inside leg and tries to slide off the end's block to the outside. He picks up the corner linebacker in a 5-4, or, in the case of the even wide tackle spacing, tries to hook the end to the inside.

Our fullback dives at the hip of

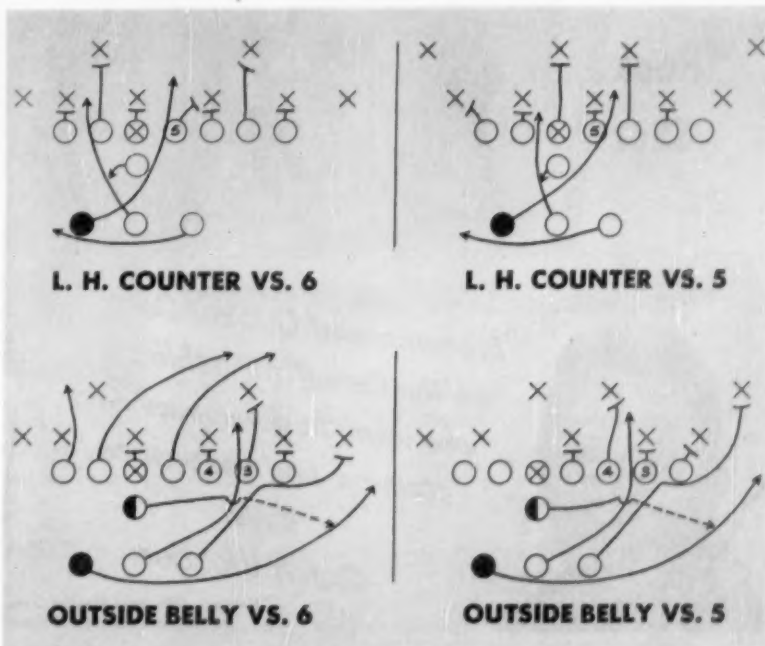
the 3 man and turns upfield as he clears the 4 man, while the left half starts straight out to the right with all the speed he can muster.

The quarterback works along the line of scrimmage. As he comes to the 4 man, he stops his lateral motion and reaches back with the ball to the fullback. He makes a good, determined ride with the fullback, then pitches to the left half.

We realized that to make a series such as this effective, we had to throw out of the running action. Again, since the series was new to us, we made the pass routes as simple as possible.

Our line techniques are the same as on the run. The linemen use an aggressive block, and since they cannot go downfield, the free men to the right of center drive out on the first man to their outside. The center, 7, and 8 men block the man head-on or the first man to the left.

In running the pass pattern, we're
(Continued on page 90)



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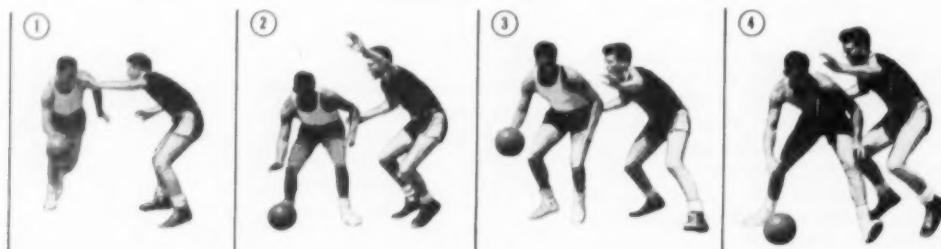
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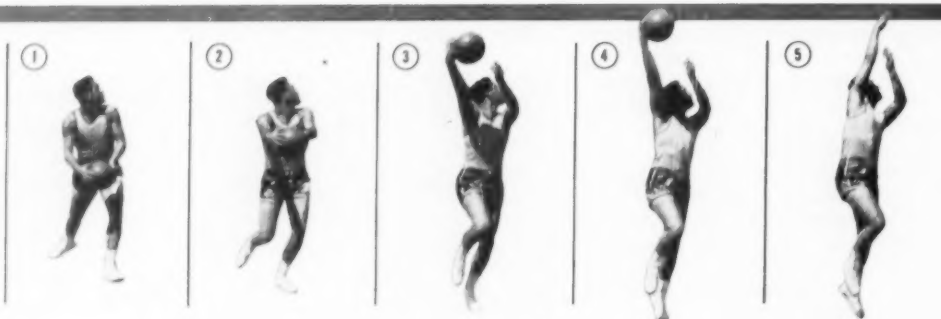
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Hook Shot



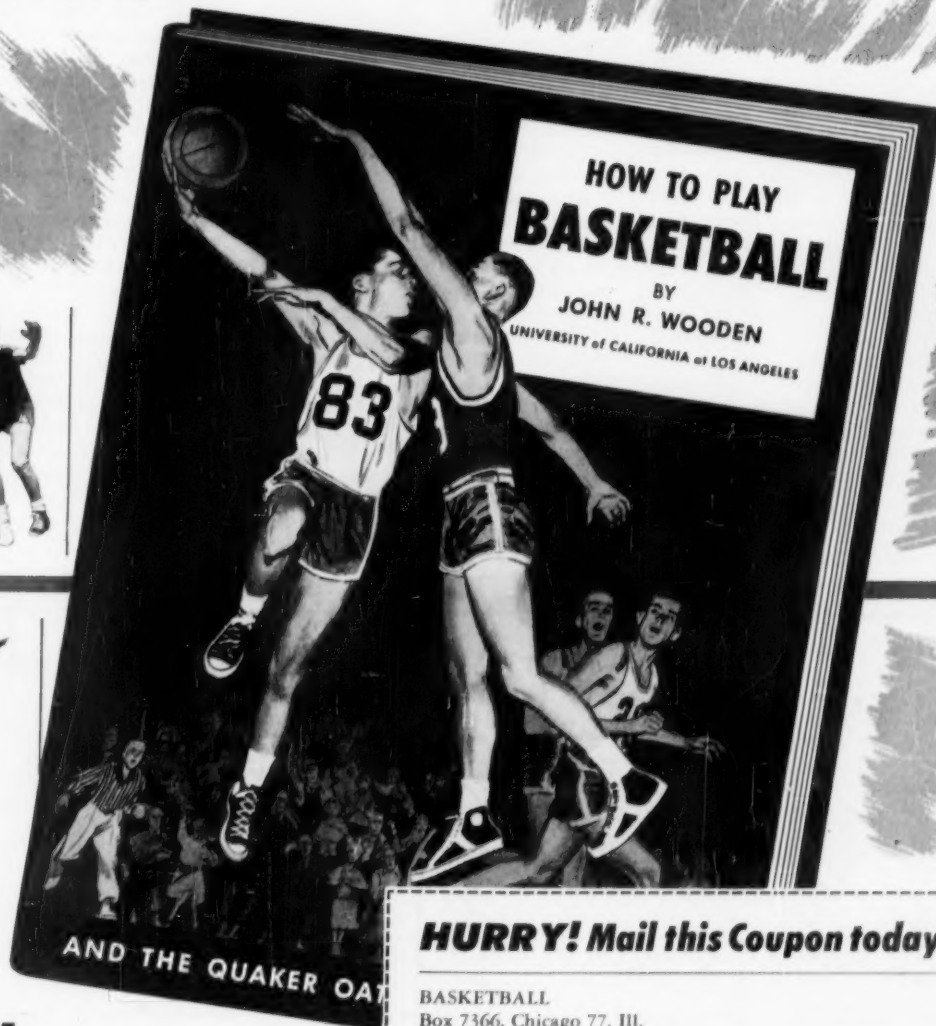
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By D. Y. YONKER, Drexel Institute of Technology

OUR soccer teams today are reaping the benefits of a scientific harvest of facts that have been piling up over the past 10 years. More and more coaches have taken to scientifically analyzing the game, and the result has been many modifications and changes in tactical aspects not unlike that which have accompanied football and basketball almost from the start.

Take three-back soccer, for example. American coaches were slow to see its possibilities after it was introduced on foreign playing fields. Today, however, it's being widely employed in our country.

Each year, different adaptations appear. Some of them are inconse-

quential, it's true. But all of them indicate a spirit which may well develop a national style of play.

One such development, growing out of three-backing, is an in-line arrangement of player units along the depth axis of the field. Such a disposition allows a much more complete concept of offense within the framework of what has been a traditionally defensive system of play.

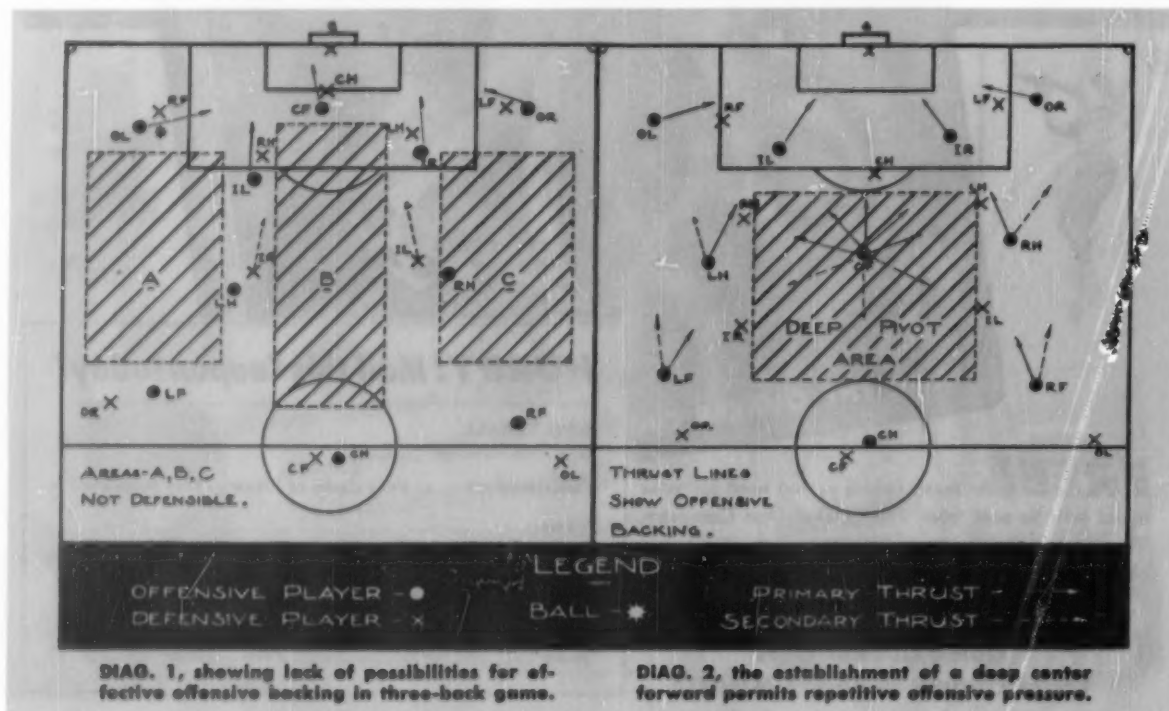
Theoretically, the three-back game served to spread the game across the field and allow a scoring attempt to develop from any point among the forward players. However, there was little chance that the attack, when it failed, could be

immediately rallied without having the ball go over into the possession of the opponent. It was thus a "first principle" to have the players thoroughly master defensive assignments, and to think always of how to cover their opposite number should their goal thrust fail.

A brief study of **Diag. 1** will show that the possibilities for effective offensive "backing" were few, and that open spaces A, B, and C aren't easily filled by attacking players.

On the other hand, the defenders were excellently placed to counter any sustained development, and "one-shot" offensive pressure was the usual pattern. The defender could frequently slide off his opposite number to help a teammate in a hard-pressed situation, and the balance of power was with the defense which could present a stiffened man-to-man stalemate before their own goal.

It followed, of course, that individual defensive techniques were highly developed and dispossessing tacklers became overly robust and unscientific. Consequently, the games were marred by frequent foul calls and stoppages for free kicks, which detracted from the desired continuous attack of a well-finished team. Needless injuries often resulted, and some teams became known as dangerous opponents.



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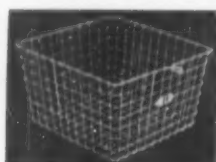
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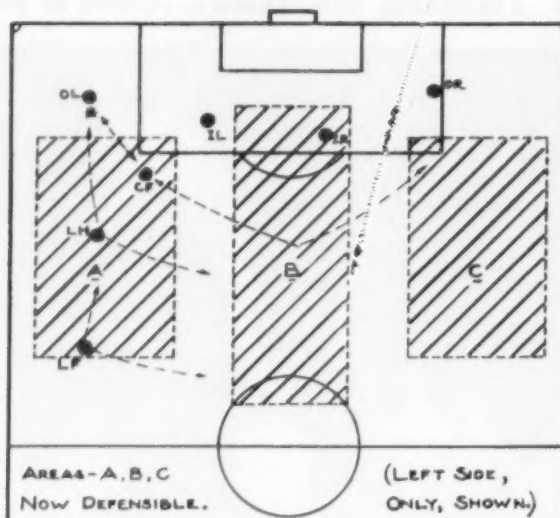
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**DIAG. 3, how offensive backing is possible two
and three deep at points across the field.**

It was noted, however, that these boisterous tactics rarely succeeded against experienced touring aggregations. The foreign visitors seemed to have the ability to retain possession, to recover from a routine defensive stalemate, and to present a sustained attack which created scoring opportunities.

Since schools and colleges here have little opportunity to profit from international play, the reasons for this were slow to emerge. But within the past several years, we've begun to see halfbacks playing in closer support to the forward line and fullbacks making a place for themselves in the offensive pattern.

Part of this new development came about after two devastating defeats of England by Hungary (one loss being England's first "at-home" defeat in the history of the game) in 1954. People are still talking about how the Central Europeans defied all tradition and drew their center forward to a mid-field position while inside men moved up before the net to present an overloaded two-on-one situation to the English backs. At the same time, they strengthened the dead area usually found behind the line.

Diag. 2 shows the changes wrought by establishing the deep center forward. It will be noted at once that the possibilities for offensive backing are increased as indicated by the thrust lines. This makes for repetitive offensive pressure.

Defenders, regardless of how they're placed, will have the problem of coping with a much more fluid mass movement, while having little opportunity to leave a defensive opposite to help against an-

other dangerous opponent. The balance of power is with the offense.

A close analysis of the two England vs. Hungary games, however, shows that this move in itself wasn't enough to produce the large margins by which the games were won, but that the real success lay in its combination with several other factors.

The first of these was the use of the deep center as a backer and pivot for all potential scoring bids. It was apparent that he had full latitude and enjoyed a freedom that he had never known when playing as leader of the line. A man of flawless physical condition, he followed the play in order to be constantly available; for his was the job of starting most of the plays and of re-starting them again from a back pass when any of his forward players were blocked.

As a result, the attack was of a pace that gave the defense no let-up, and the free moving center was almost entirely indefensible. It was seen that in the larger area where the center now operated, his off-the-mark speed would make possible many more well-marked short passes to open wingmen and inside forwards.

In such play, a high percentage of the goals will be scored by inside men. But many assists will originate from the center forward. On occasion he'll carry the ball in, push it off to a teammate, and continue through for a return pass. In such a maneuver, he'll ordinarily be well ahead of his defending back and should score.

Usually, however, he'll threaten from the deep position, relieved
(Concluded on page 73)



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Football

Starting Signals and Reaction Time

FOOTBALL coaches recognize the importance of the offensive starting signal and spend much time practicing it. Bud Wilkinson, the very successful Oklahoma coach, has this to say about the starting count (signal) in his book¹:

"The most important single fundamental of offensive football, regardless of the system of play, is the starting count. We know of no other single fundamental which will pay bigger dividends than the proper execution of the starting count. It is worth many hours of practice time to the offensive team."

The starting count gives the of-

fensive team the advantage of knowing exactly when the ball will be snapped. Since this allows them to compensate for the advantage of the defensive players in using their hands, it thus seems wise for a team to exploit it to the maximum.

The two types of starting signals in general use are signals with rhythm and those without rhythm (non-rhythm). An example of the rhythm signal has the quarterback counting "one, two, three, four, five,

¹ Wilkinson, Charles, *Oklahoma Split T Football*, Prentice-Hall, Inc., New York, 1952.

² Dawson, Percy M., *The Physiology of Physical Education*, The Williams and Wilkins Co., Baltimore, 1935.



As the quarterback calls the starting signal, he presses the contact switch in his hand—starting the electric clock. The subject instantly steps out, stopping the clock by stepping upon the contact plate.

six, etc." at a set rhythm. The offensive team can charge on any number, and the starting number is varied enough to keep the defensive team off-balance.

An example of a common non-rhythm count would be "hut-two, hut-two, hut-two, hut-two, etc." with the quarterback varying the rhythm from a very fast to a slow, hesitating count. The offensive charge can be made on any "hut-two" signal. While the entire offensive team knows the charging signal, only the quarterback knows the rhythm in which he will call the signals.

A study of four recently published football texts reveals that the coach-authors favor some sort of rhythm signal. Bud Wilkinson, however, prefers the non-rhythm count. He believes it largely eliminates the tendency of offensive players to lean (when a rhythm count is used) and that it keeps them more alert since they don't know exactly when the ball is to be snapped.

Many coaches who use the non-rhythm count contend that whenever the players are required to be more alert, their reaction is quicker. Now, the reaction time of the individual players is certainly a fundamental point to be considered. A person's reaction time is largely an innate physiological phenomenon which can be improved only slightly with practice.

However, it's a generally accepted physiological fact that concentration on the starting signal (stimulus), produces a slower reaction time than concentration on the response (charge) to that stimulus.²

Applying this principle to football, we must assume that a player will be able to start (charge) faster if he concentrates on the response (charge) rather than on the stimulus (signal).

Since the rhythm type of starting signal enables the offensive player to concentrate on the charge—as he knows the rhythm and number on which to go—we must assume it produces a quicker start.

The non-rhythm system, on the other hand, produces a slower start since the player—not knowing the

**By CLEM W. THOMPSON
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Boston University

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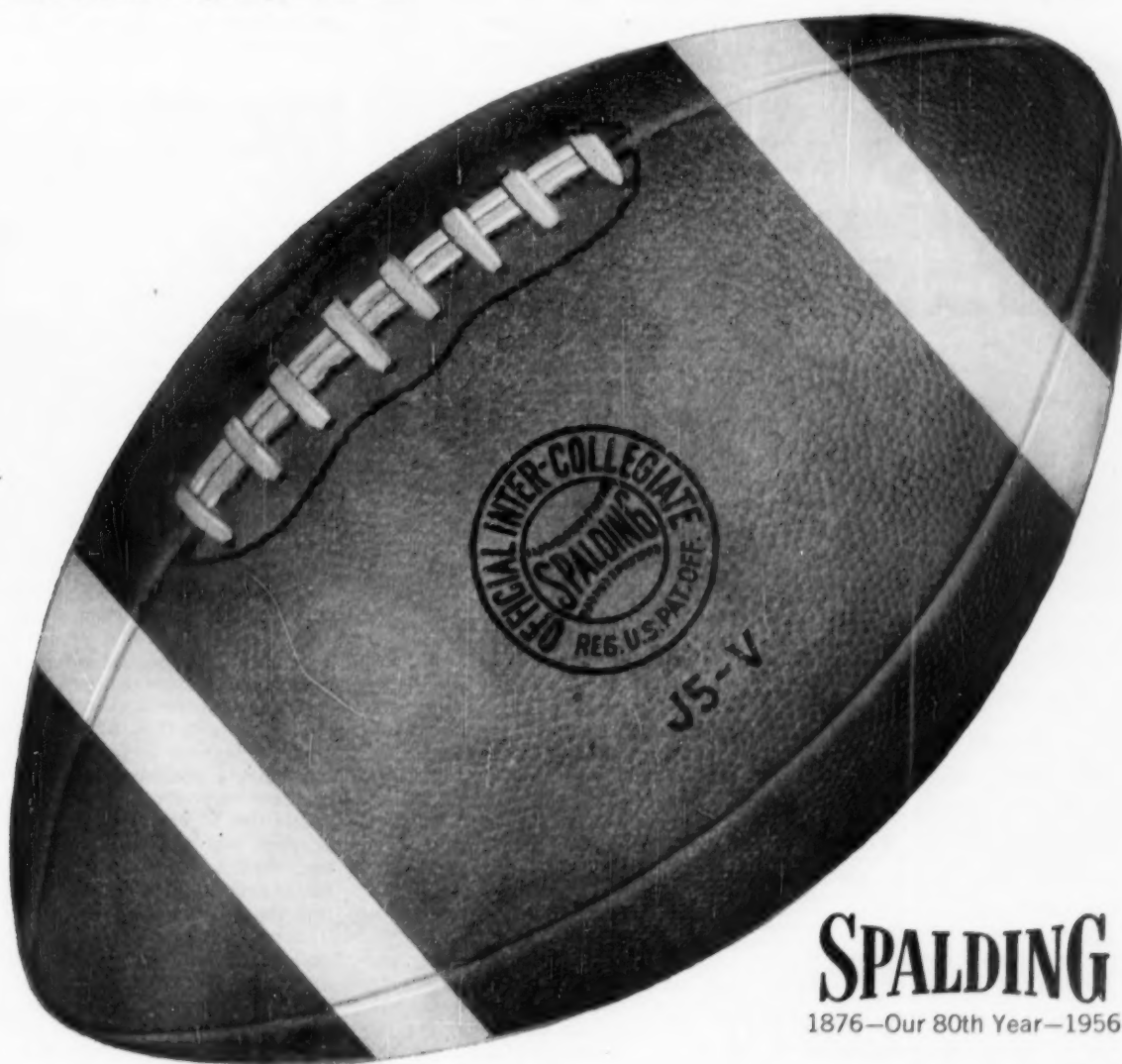
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Test	Subjects	Trials	Mean	Stand. Dev.	Diff.	"t" score	Level of Signif.
Rhythm	43	215	.51	.062	.06	8.77	1%
Non-rhythm	43	215	.56	.056			

rhythm in which the quarterback is going to call the signal, must concentrate more on the starting signal than on his charge.

To measure accurately and scientifically the differences in reaction times to different starting signals, an apparatus was constructed which measures to 1/100 of a second the time required for an offensive player to respond to the rhythm and non-rhythm starting signals.

The timing apparatus was constructed so that the quarterback calling signals could press a contact switch in his hand and start the clock (standard electric stop clock) simultaneously with the starting signal. The clock was stopped by the subject's stepping upon the contact plate in taking his first stride from his offensive stance.

Thus, the time required for the player to react and move one step from his normal three-point offensive stance was recorded in hundredths of a second. To insure a fast, continuous charge the subjects were instructed to charge five yards beyond the contact plate.

The experiment was designed to approximate as closely as possible the actual offensive situation. Players were tested individually in full uniform after they had warmed up and had been given several practice trials on the apparatus. A former university quarterback acted as the signal caller.

EXPERIMENTAL SETUP

The two examples of rhythm and non-rhythm signals previously described were used in this experiment, with Boston University football players serving as subjects. The individuals were allowed to assume their normal three-point stance, making sure that the rear foot was on the starting line 18 inches from the contact plate. The time required to respond to a given starting signal and to take an initial step with the rear foot was measured.

Each subject was alternately given five trials with the rhythm signals and five trials with the non-rhythm signals. These starting signals were varied in the manner that a quarterback would use under

game conditions. Whenever the subject obviously "leaned" or jumped off-side, the trial was not recorded and another trial was given.

Only the player acting as the subject, the experimenter (quarterback), and the recorder were present at the time of the testing. Subjects were not told the results of their trials.

A total of 43 players were tested in this study. In order to give meaning to the results, the mean, standard deviation, and the level of confidence were computed (see accompanying table).

STATISTICAL TECHNIQUE

The "t" test is a commonly used statistical technique to determine whether the results obtained are purely by chance or are significant. The difference in the mean scores of this study was significant at the 1% level. This indicates that similar results would occur in 99 cases out of 100. It can readily be seen from the table that the players reacted more quickly to the rhythm type of starting signal than to the non-rhythm type.

Factors other than the reaction time may be of importance in determining the value of the two types of signals. The tendency of offensive players in a rhythm-signal setup to lean forward in anticipation of the starting count and thereby risk telegraphing the starting signal to the defensive team and/or incurring a penalty by jumping off-side are important factors. Either of these errors may prove costly.

The non-rhythm starting count seeks to prevent these errors by requiring the offensive team to concentrate on the starting signal. While this objective may be accomplished, you cannot claim that the non-rhythm signals also produce a faster reaction time through requiring the players to be more alert. This experiment has proved that reaction time is faster with the rhythm signal.

Other experiments are necessary to prove which type of signal—rhythm or non-rhythm—produce a greater charging force.

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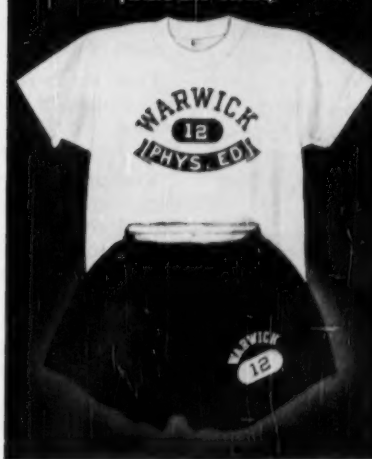
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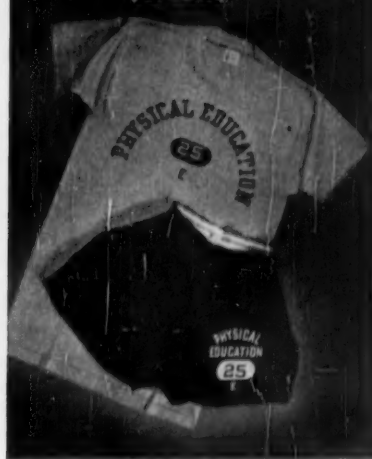
T-Shirt: Style 78QS. White.

Gym Pant: Style KE/B. In following colors—all stocked for immediate delivery: Dk. Green, Kelly, Navy, Royal, Maroon, Scarlet, Gray, Black, Gold. Full elastic waist. Sizes: XS-S-M-L. Complete Price, including shirt and pants processed in your own school color with your own design...

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High School Rules Changes

FOOTBALL

Game equipment (1-3-1): Rubber or composition-covered balls will have same status as leather-covered balls. If teams cannot agree on choice of ball, each type will be used for a half.

Player designations (1-4-1): Any player may request a time-out provided his coach has authorized it. Otherwise, only captain may request time-out.

Player equipment (1-5-1): The desirability of equipping each player with a flexible mouth guard and/or face protector will be further emphasized.

Passing the ball (2-20-3): The determination of whether a pass is forward or backward will depend on the initial direction in cases where the direction might be changed because of contact with a player on the ground or because of the wind.

Time-In (3-5-1): A stopped clock will be started with the snap or free-kick as for last season, except after a referee's time-out (as for correction of defective equipment or a measurement, etc.), in which case the clock will be started when the ball is ready-for-play.

Fair catch (6-4-5): Whenever K touches a kick in flight beyond the line, it will be *fair catch interference*—regardless of whether any player of R is within running distance of the place where the kick comes down.

Position and action during snap (7-2-5): Provision about being 5 yds. behind the line will apply to any A player who starts from within a yard of the scrimmage line, even though he mightn't be legally "on the line" because he is faced in the wrong direction, etc.

Forward pass (7-5-4): Whenever an illegal forward pass is caught and the down ends with the ball in possession of the passing team, the *offended team may decline the distance penalty* and have the ball put in play at the spot where it became dead rather than have it returned to the spot of the illegal pass.

Coaching from the sidelines (9-6-1-a): Officials will be instructed to penalize acts such as throwing out a kicking tee, gesturing in a passing motion, swinging a foot as for a kick, and any other gestures or comments directed to the quarterback or any other player.

General interpretations:

1. If players persist in *grabbing at the face protector* of an opponent so that the head and neck can be twisted, it's to be considered a suspicious act. If deemed deliberate, the official is instructed to penalize for unsportsmanlike conduct.

2. If a player reports a defective piece of equipment when it's obviously to his team's advantage to get the clock stopped, the official is instructed to start the clock as soon as there's been reasonable opportunity to make adjustment.

3. Officials will be cautioned against killing the ball on suspicion to avoid situations in which the ball is hidden so effectively as to deceive them.

BASKETBALL

Court diagram (1-5, 6): Free-throw line will be thickened to 2" (instead of 1") and *H and V designations* will be removed from alleys. The *12-foot wide lane*, now used by colleges and pros, will be officially adopted in 1957-58. But through state association approval, the wide lane may be used this season.

Ball (1-12): Official status will be given to properly constructed *composition-covered balls*.

Held ball (4-10): For a dribbler, the *5-second count* will apply to area within about 15 feet of center division line and to corners of front court. For a player holding the ball, rule will be applied over entire front court if player is so confined that he can't pass or shoot or is obviously withholding ball from play.

Jump ball (4-12, 6-1): Jump ball will begin and *ball becomes alive* when it leaves official's hands, but clock will start when ball is legally tapped.

Out of bounds (7-5): No endlane throw-in will be permitted from a point inside free-throw line extended, but throw-in can be made from either side.

Free throw (8-1): On free throw, *first alley* on each side of lane will be occupied by *defensive team*, with second positions going to offensive team. Other positions may be filled in alternately by opposing players.

Violations (9-11): Until free-throw has touched basket or backboard or has ended, free thrower cannot have either foot beyond vertical plane of free-throw line and no other player can have either foot beyond vertical plane or cylinder through boundaries of lane. Free throw must be made from behind line and from within circle.

Touching ball on downward flight (9-11): Teammate of shooter will be prohibited from *touching ball in downward flight* above ring level. Teammate can only touch ball after it's obvious try won't be successful.

(Translated very simply, the major changes above mean that (1) the big boys won't be able to tip in a teammate's shot while the ball is in flight—they won't be able to touch the ball until it has hit the hoop or backboard or clearly missed the target; (2) the defensive team will be entitled to both inside positions on a free throw, as in the pro game; and (3) a player won't be allowed to move into the lane on a free throw until the shot has hit the backboard or rim.)

Experimentation: Conference-wide or state-wide experimentation will be encouraged in connection with the following: Methods of penalizing teams that are deliberately slowing down the game (either by calling a technical foul or giving the other team the ball out of bounds); use of time periods on continuous control in the front court; use of a less severe penalty for a foul committed by the offensive team; use of a penalty system which would substitute the violation penalty for free throws for a designated number of personal fouls during each period and the assessment of a severe penalty for each foul thereafter.



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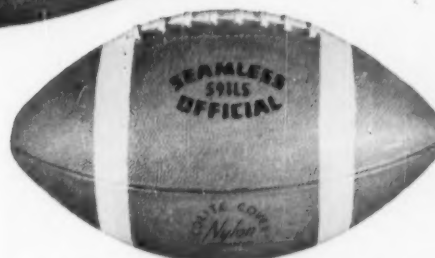
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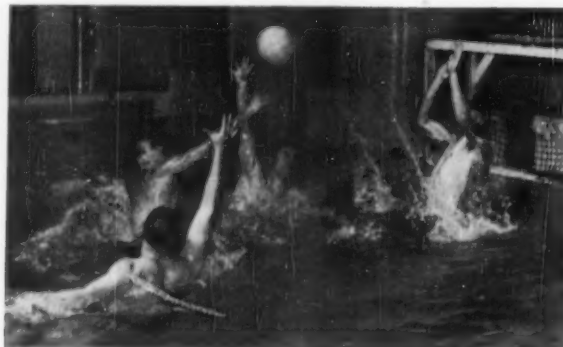
THUS reads the famous inscription on the arch of the Cadet Gymnasium at the U. S. Military Academy at West Point, N.Y. Coined by General Douglas MacArthur during his superintendency of the Academy (1919-1922), it has become the keystone of probably the greatest physical education program in the world.


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more than personal proficiency in physical skills and a high level of physical conditioning. He must learn to meet the needs of others—to train and condition others, to organize and administer physical training programs, and to evaluate these programs in terms of the total military training mission.

This is a tremendously ambitious undertaking, but the Academy is getting the job done. The *modus operandi* is the most intensive physical education, sports education, and recreation program ever devised by man.

From the moment the cadet enters the academy until he leaves four years later, his physical development is carefully and scrupulously nurtured. The program is beautifully graduated in intensity and scope, and cannot help but build a superb all-around physical mechanism.

However, every program of such ambitious design requires the raw material to begin with—after all, you can't make a silk purse out of a sow's ear—and every cadet candidate is required to pass a one-hour physical aptitude test. Designed to measure strength, coordination, speed, and flexibility, this test battery is changed from year to year but usually consists of a half-dozen items from the following list:

1. Basketball Throw. (65')
2. Modified Basketball Throw, thrown overhead from kneeling position. (50')
3. Standing Broad Jump. (6'9")
4. Three Standing Broad Jumps in succession. (21½')
5. Burpee Test for 20 seconds: Continuous movements from standing position to squat, to leaning rest, to squat, and back to standing position. (10½ times)
6. Dips on Parallel Bars: Body is lowered until upper arm passes the horizontal. (3 times)
7. Dodge Run through a maze on gym floor. (26 seconds)
8. Hop, Step, and Jump from a standing position. (22')
9. Hurdle Run through a maze on gym floor. (39 seconds)
10. Medicine Ball Put with 6-lb. ball, using same movement as in shot putting. (35')
11. Pull-Ups on horizontal bar, grasping bar with back of hand toward face. (3)
12. Push-Ups from leaning rest. (20)
13. Sit-Ups for 2 minutes with a partner holding feet. (34)
14. Sit-Ups in 30 seconds, lying on a gym mat with toes hooked under a bar. (20)
15. Softball Throw. (145')
16. Shuttle Running on gym floor between two turning blocks 25 yards apart: 100 yds., 18.9 sec.; 150 yds., 26½

sec.; 250 yds., 51 sec.; 300 yds., 64 sec.

17. Running 300 yards on indoor track, 11 laps to mile. (46½ sec.)

18. Squat Jumps: From squat on right heel with fingers laced on top of head, palms downward, and with left foot slightly advanced, spring upward until both knees are straight and both feet clear the floor. While feet are off floor, advance right foot and drop to a squat on left heel. Spring up again and repeat. (30)

19. Standing Vault for height: Vault over horizontal bar, touching it only with hands using either flank or front vault. (4'6")

20. Vertical Jump: Difference between height an individual can reach and height he can jump and reach. (17")

The standards given comprise the minimum performance for each of these tests. Though they may not seem excessively difficult, about 6% of the candidates fail to meet them and are thus screened out.

The basic four-year physical education class program consists of the following:

FRESHMAN YEAR

Upon arrival of the entering class on the first Tuesday in July, the immediate task is to condition them for cadet life and to provide recreation as a relief from their new and exacting environment. These objectives are accomplished through 16 morning classes in conditioning exercises and 27 afternoon classes in athletics (soccer, softball, swimming, water polo, touch football, and volleyball).

During the academic year, commencing in September, the accent is on the development of basic physical and recreational skills. Each Fourth Classman (freshman) is given 24 lessons (45 minutes each) in every subject—boxing, apparatus, swimming, and wrestling—beginning with a 10-minute period of conditioning or posture exercises.

In the spring, instruction is held out of doors with 9 periods each in golf and tennis.

The cadets attend classes every other day, with the entire class attending on Saturdays. In addition to the aforementioned sports, three periods are devoted to testing and five periods to command voice instruction.

SOPHOMORE YEAR

The objective of the Third Class (sophomore) is to develop advanced physical skills and supplement the repertory of individual and team sports. Attendance at physical education is by regiment twice weekly, October through February, totalling 28 attendances of one hour.

In this program, each cadet takes 7 one-hour periods in volleyball, basketball, and unarmed combat, and 7 periods in an individual sport—handball, badminton, or squash. Two other

(Continued on page 32)

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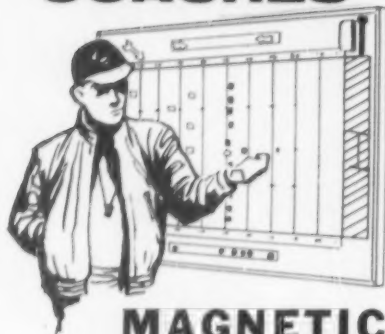
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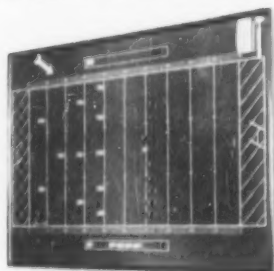
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periods in March are devoted to testing.

JUNIOR YEAR

The program of the Second Class (junior) is primarily one of leadership training. In 9 one-hour periods, the cadets are given instructor training designed to prepare them to lead conditioning exercises ("The Army Dozen"). In addition, they're given a coaching techniques course (4 two-hour periods) in the sport for which they possess special aptitude.

This course includes basic skills and coaching methods in basketball, boxing, football, lacrosse, track and cross-country, swimming and water polo, softball, soccer, and wrestling. It prepares the Second Classmen for their duties as intramural coaches and officials in their last year. Two periods in March are utilized for testing.

SENIOR YEAR

The First Year (senior) program is aimed specifically at preparing the graduating cadet for his duties in administering army physical training programs. The cadets are scheduled for 6 one-hour lectures covering the following subjects:

Introduction to service physical training program, physical training program, special services sports program, athletic equipment and facilities, physiology of exercise, and two practical work problems on the development of a physical training program. A 7th period consists of a review and a written examination. Four periods, two in November and two in March, are used for testing.

INTRAMURAL PROGRAM

Where the class periods may be considered the instructional phase of physical education, the intramural program is truly the laboratory. Immense in scope, it is organized and directed by the Office of Physical Education but administered by cadets under the supervision of physical education instructors.

Practically all First Classmen (seniors) will, during some intramural season, receive an assignment in the administrative or coaching phases of this program, while the Second Classmen (juniors) serve as assistant coaches and assistant company athletic directors.

The intramural program is divided into three seasons:

Fall—20 classes in football, golf, lacrosse, tennis, and track.

Winter—16 classes in basketball, boxing, handball, rifle, squash, swimming, volleyball, and wrestling.

Spring—16 classes in cross-country, softball, tennis, soccer, and water polo.

Participation is compulsory for the fall and spring seasons, and voluntary in the winter. The attraction of the

program is evidenced by the fact that 90% of the cadets turn out for the voluntary winter program.

Attendance by regiment (two in number) is scheduled twice a week, each period being 75 minutes in length. The unit of competition is the company (12 per regiment). The fall and spring programs are scheduled for 3:30 to 4:45, the winter program for 3:30 to 4:30 or 4:30 to 5:30. Additional practices are often arranged by coaches during cadet free time.

A round-robin competition in each sport (11 league contests) is arranged, with playoffs between regimental championship teams at the end of every season to determine the Corps champion. Monograms are awarded to all members of championship teams.

All cadets must participate in this program except members of the current varsity squad. This is the only area in cadet life where the varsity performer is accorded special treatment. He must always take physical education, and he must compete in intramurals before and after his sport season.

Cadets are eligible for a specific intramural sport only one season during their stay at the Academy, and must play a specified portion of every game. This gives them practical game experience in approximately 10 sports.

SPECIAL CLASSES

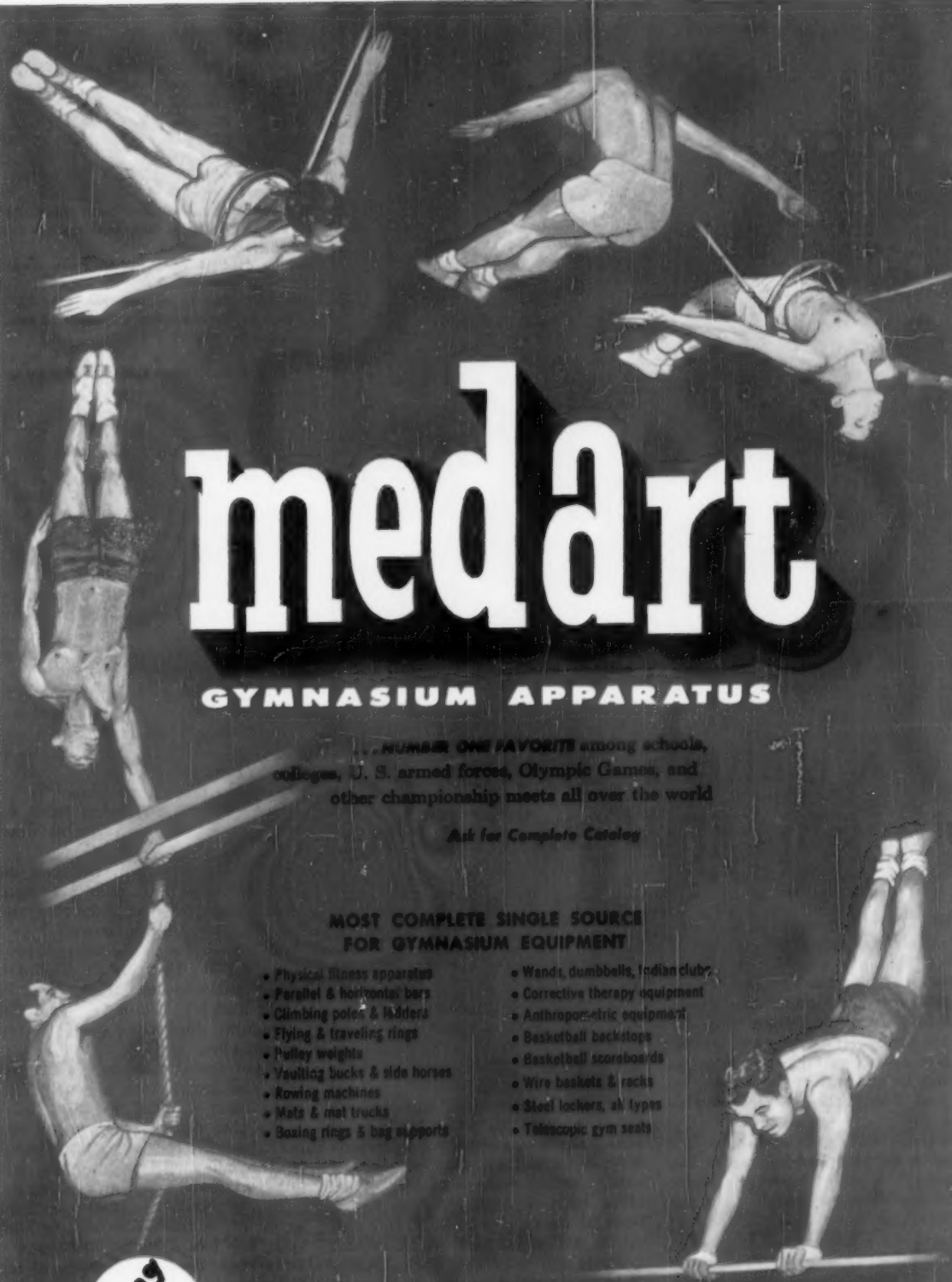
Voluntary Instruction: Consists of all cadets who've evidenced a low order of physical ability in the annual physical performance exam. These cadets are encouraged to engage voluntarily in extra conditioning activities under the supervision of an instructor.

Special Swimming Squad: Consists of all cadets classified as non-swimmers in the tests given at entrance. Attendance is required twice a week on the cadet's own time. Before being released from this squad, he must be able to swim 40 yards, demonstrating good form and effectiveness in two of the four basic strokes—crawl, side, breast, and elementary back. In addition he must be able to swim the following distances—160 yards in 5 minutes, a no-time limit distance swim of 440 yards, or to swim for 20 minutes continuously using two strokes at least 40 yards each.

Posture and Corrective Programs: Cadets with extreme postural defects are required to attend special corrective classes twice a week until a satisfactory degree of improvement is attained.

Reconditioning Program: Designed to hasten the recovery of cadets excused because of physical injury or illness and to lessen their chance of reinjury by specially prescribed exercise. Also, all cadets who've been confined to the hospital five or more days must report to the Reconditioning Room on their return to physical education classes. The instructor checks

(Concluded on page 94)



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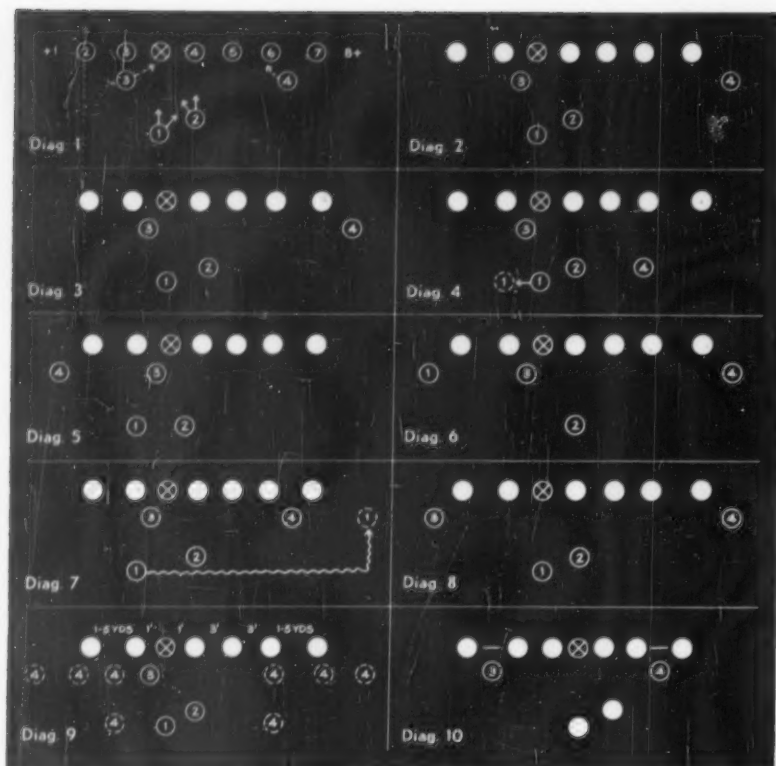
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Diag. 1: Wingback (No. 4) in at 7, 6, or 5 hole. Arrows indicate allowable shifting to compensate for differences in backs' speed and to permit more direct hits into open holes.

Diag. 2: Wingback out 1 to 5 yards.

Diag. 3: Wingback regular, 1' back and 1' out from No. 7.

Diag. 4: Wingback back, with No. 1 regular or shifted.

Diag. 5: Wingback over with No. 1 shifted one man to left, making an over-shifted backfield.

Diag. 6: Left half up to form double wing with No. 4.

Diag. 7: Man in motion (No. 1 or 2).

Diag. 8: Double wing with Nos. 3 and 4 outside ends.

Diag. 9: Open line with No. 4 in any one of indicated spots (called by qb).

Diag. 10: Punt formation.

50-59, punt formation plays.

40-49, triple spinners—balanced or unbalanced line. Qb faking back as the ball is passed from center.

30-39, spinners from R=regular backfield, S=overshifted backfield with wingback up, out, in, back, or over. (Qb behind center, behind No. 5, shifted out to double wing, or over to make two wingbacks on one side of the line.)

20-29, series with entire line pulling except right end and right half (No. 4 back), who block two outside opponents (used with quick starting signal).

10-19, spread formations.

Our plays may be run from any of the formations shown in Diags. 1-10.

The plays are run between our offensive linemen, who are numbered as shown in the diagrams. The linemen are numbered 7 to 2, with the outside zones being 8 (outside 7) and 1 (outside 2). The symbol + indicates an outside play. We run 8 and 8+, 1 and 1+, as a slice or regular, depending upon the type of end play.

When these same plays are run left, the entire line is shifted left as follows: +8, 7, 6, 5, 4, X, 3, 2, 1+.

We play our linemen either regular or open. If the qb calls "open" in the huddle, the linemen split. Otherwise, the line remains regular.

In our regular line, we play loose about 6" on the right (strong) side, split the No. 3 man (first man to left of center) from 1' to 3' and split the ends anywhere from 1 yd. to 3 yds., letting them vary their splits to assure good blocking angles and get out quickly on passes.

When our forward wall opens up, we usually go into a balanced line; otherwise, the qb will have trouble getting to the 6, 7, and 8 holes for

A Multiple Offense with Simplified Numbering

NOT too many years ago, it was a fairly simple matter to design a football attack. Defensive alignments were more or less standard, and you could count on meeting some form of 6- or 7-man line.

How times have changed! Today, in one game, you'll find defenses moving in and out of 4-, 5-, 6-, 7-, 8-, and 9-man lines—with variations, too!

As you can well surmise, this places a decided burden upon the offense. It requires more and more learning, with the result that the average boy is tending to get less and less enjoyment out of the game.

In an effort to reduce the learning required to combat shifting defenses, the author has evolved a simple numbering system that has proved extremely effective over the past several years.

We employ the following offen-

sive formations, 10 plays to the series:

100-109, power-blocking single wing for goal line.

90-99, power blocking T series for goal line, tailback following fullback.

80-89, reverse power blocking single wing.

70-79, T-formation, quarterback handling the ball using R=regular backfield, S=overshifted backfield, with right half up, out, in, back, or over, and left half in motion or set (line open or closed). Also variations of the double wing T, left half up, in, out; right half up, in, or out.

Note: Qb may call these moves from any formation, but they work particularly well from 30 and 70 series. Team may shift into these formations or take them directly from the huddle.

60-69, buck lateral.

By **BRUCE M. FISHER**, Coach, Penn High School, Verona, Pa.

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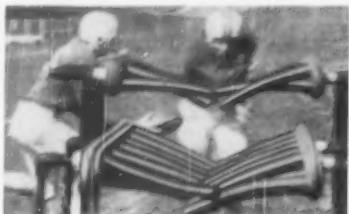
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quick hand-offs. In our open balanced line, guards split anywhere from 1' to 1½', tackles from ¾ yd. to 1 yd., and the ends from 1 to 3 yds. We vary the splits, depending upon the boys' speed, having them split as wide as they can and still control their men.

We find that our material differs so much from year to year that one season we may be able to run one series well and another poorly, and vice versa the following season. With our multiple offense, however, we can use whatever suits our material best and employ just enough of the other series to complicate both the defensive problem and any scouting by future opponents.

We divide our plays into two groups—those which hit directly comprise our direct attack, and those which hit indirectly, such as spinners, buck laterals, outside slices, and sweeps, constitute our indirect attack.

The rules for our direct attack follow:

1. If the key man on the right side of center (4, 5, 6, or 7) is opposed or the defensive man is in the seam on his right, our man blocks him out. In the diagram, 6 is the key man and 5 is the second key man.



2. If the key man has a defensive opponent in the seam to his left, he must signal the offensive teammate on his left to lead-block right and he becomes the post blocker. The offensive man signaled then signals the offensive man on his left, and the latter head-blocks his man left. In the diagram, 6 signals 5 and 5 signals 4.



3. If the second key man on the right of center is opposed or the defensive opponent is in the seam to his left (4, 5, 6, or 7), he blocks in toward center. In a play at 6, for example (see diagram), 5 is the second key man and 6, naturally, is the key man.



4. If the key man on the left side of center (2 or 3) is opposed or the defensive opponent is in the seam to his left, he blocks this first defensive opponent out away from center. In a play at 2 (see diagram), 2 blocks the defensive man as indicated, and 3 is the second key man.



5. If the key man has a defensive opponent in the seam to his right, he must hand-signal the teammate on his right to lead-block and he post-blocks—unless he finds his teammate can handle the opponent alone, in which case he goes through and blocks the first secondary man away from the play. In the diagram, 2 signals 3 and the latter blocks defensive opponent away from center.



6. The man signaled, in turn, signals the teammate on his right and he lead-blocks his man to the right. In the diagram, 3 signals 4 and the latter blocks opponent right.

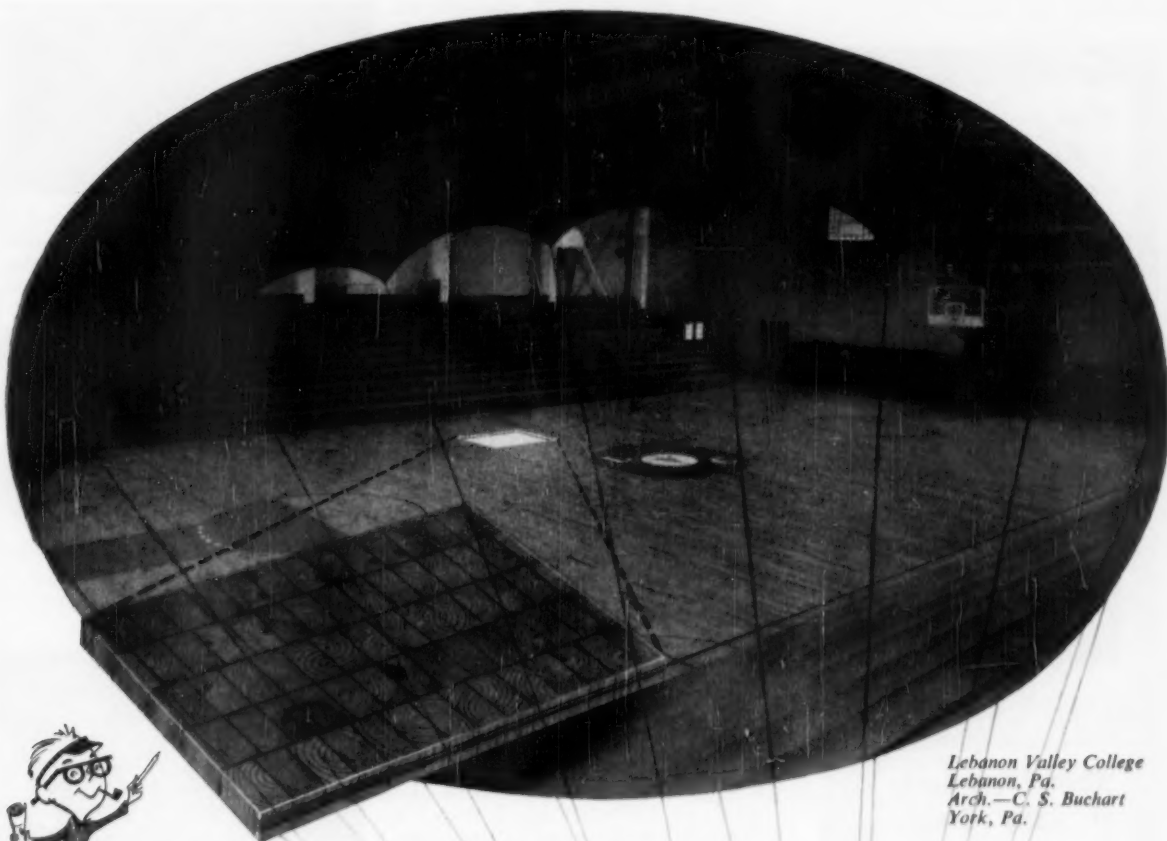


7. All other offensive men go through on the inside of the defensive opponent nearest the play. Converging at the point of attack, the two nearest the play take the first secondary man while the rest block out from the point attacked. For example, in a play at 5 (see diagram), 5 and 4 lead-block, X and 6 double team the nearest linebacker, and the rest block out from 5.



8. The ends, unless involved in the play, may fake receiving a pass over the halfback or in the flat, then curl back and pick off the first defensive man or receive a lateral. If linebackers do not cover these men, qb may call a check play and pass to open man.

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Lebanon, Pa.
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plays: If the defensive opponent is playing head on, the offensive man should step first with the foot in the direction he's trying to take the man. He should get good contact with that shoulder and try to bring the opposite leg around to get position on the second step. He should then drive as on a lead-block.

Following are the rules for our indirect attack:

1. If a key man is opposed, he goes through and blocks the first defensive back on the side away from the play.

2. The offensive teammate on the outside of the key man executes a driving block on the opposite or middle linebacker.

3. The other linemen lead-block to the inside away from the play.

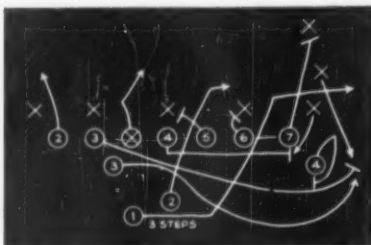
4. The left guard traps all plays to his right at the number called, using an inside-out block. (Note: Except on the 70 series, the qb may do all the trapping in these plays, freeing linemen to go through for secondary.)

5. The right tackle or right guard, whichever is the better trapper or stronger blocker, traps at the number called on all plays to his left, using an inside-out block.

On switches to left formation, the blocking assignments remain the same, the execution being with the opposite shoulder and in the opposite direction.

The qb may call a double-team at either key post. When we use a balanced line, we number as follows: +1 (outside), 2, 3, 4, X, 5, 6, 7, 8+ (outside).

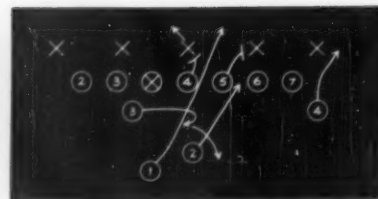
On plays which hit zones 8 and 8+, 1 and 1+, we pull both No. 3 and No. 4. This applies for regular off-tackle plays and sweeps from the single wing. On slices, only 4 or 5 pulls on 8 and 8+ plays, and only 4 pulls on 1 and 1+ plays. The diagram shows an example of an 8+ play.



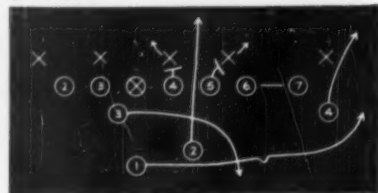
Following are the rules for our backs in the direct series:

1. If the left half dives, the fullback dives and the right half fakes receiving a pass or blocks the outside linebacker. The diagram shows a left half dive at 5.

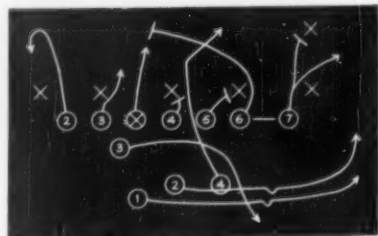
(Diagram appears on top of next column.)



2. If the fullback dives, the left half fakes a pitchout and the right half fakes receiving a pass or blocks. The diagram outlines a fullback dive at 5.

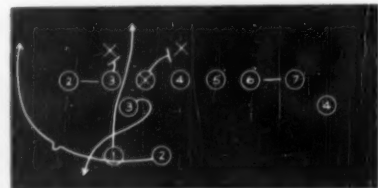


3. If the right half dives, the left half and fullback fake a pitchout to the right. The diagram shows a right half dive at 5.

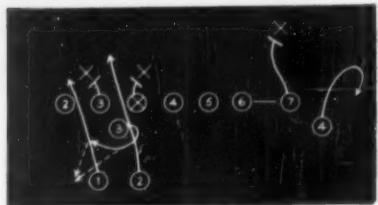


The following rules apply on all plays to the left:

1. If the left half dives, the fullback fakes a pitchout left. The diagram delineates a left half dive at 3.



2. If the fullback dives, the left half dives and the right half (No. 4) may fake a pitchout or, if the passing game has been working, may fake a pass reception in the right flat. The diagram shows a fullback



dive at 3, with the qb either faking into the line with No. 1 or faking a pass.

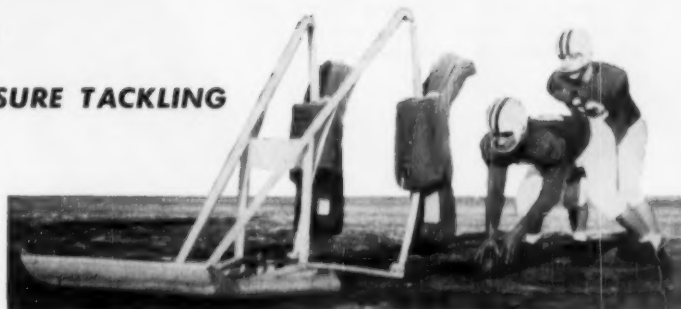
(Concluded on page 77)

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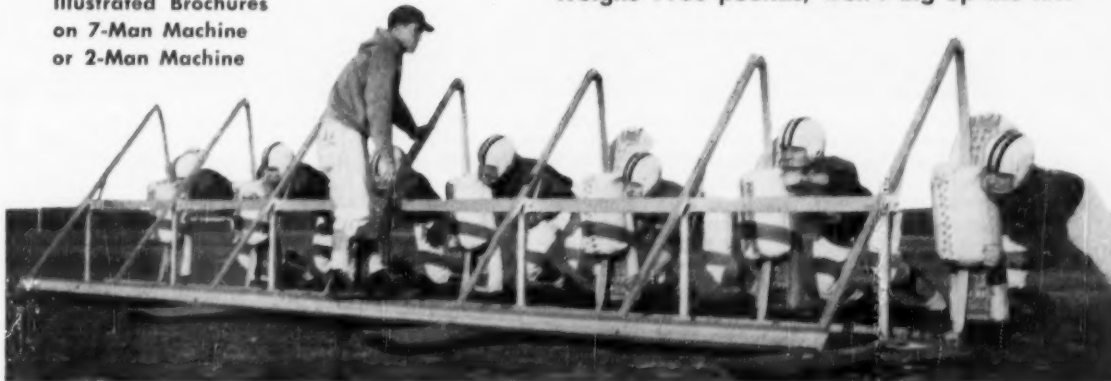
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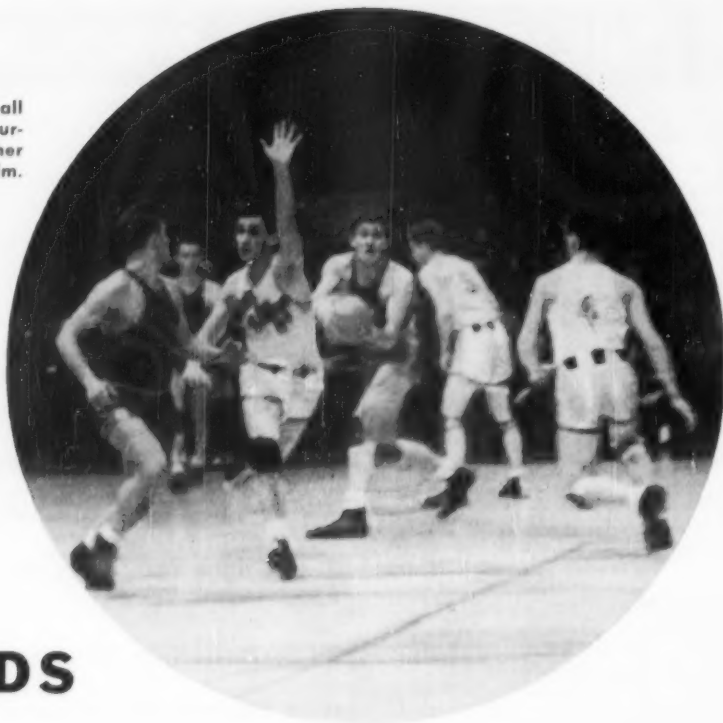
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When forced to turn his head on the ball to cover a cutter, the guard should pursue his man with one hand up and the other out to deflect any attempted pass to him.

OFFERINGS TO THE GUARDS



IN LOVE, war, and basketball, it's the little things that count—that spell the difference between success and failure. And another word for little things is "habit," the way a player instinctively handles himself and responds to situations.

Basketball moves so rapidly that skill becomes a matter of established habits and conditioned reflexes. The beginner must develop good habits from the moment he becomes acquainted with the ball. A faulty skill, or bad habit, will be detected by the more experienced opponent and exploited to his advantage.

Following are some of the more common errors of commission and omission made by beginners on defense:

1. Attempting to guard every member of the opposing team.
2. Constantly losing track of the man he's been assigned to play.
3. Following the ball wherever it goes.
4. Not sticking close enough to his man in the dangerous basket area.
5. Staying too close to his man in the outside, undangerous area.
6. Rushing toward the dribbler to meet him.
7. Attempting to take the ball away from the dribbler at the improper time.
8. Not knowing when or how to switch or slide when screened or blocked out.

9. Not knowing which hand to use for blocking purposes against a man in the act of shooting.

10. Being faked into jumping or jumping too soon to block a shot.

11. Not knowing how to avoid being screened out of the play.

12. Not knowing where to play on jump balls.

13. Not knowing how to handle himself in a two-on-one situation.

14. Now knowing when to give a man room and when to close in on him.

15. Not knowing how to guard a man while still keeping an eye on the ball (peripheral vision).

16. Permitting a man to get between him and the basket.

17. Turning his head to follow the ball, permitting his man to cut right by him.

If the guard can learn to recognize the causes of his mistakes, he'll find that a little extra attention to some simple details will help him avoid such costly mistakes.

First, he should be sure to check the man he's assigned to play and be able to recognize and locate him as soon as the opposing team gains possession. And he should know where that individual is at all times. If he himself goes in to take a shot, he should be able to immediately locate his man and be prepared to guard him in case the other team recovers the ball. In a situation where he must

pick up a teammate's man, he should appraise his teammate by call and/or finger pointing.

When his man moves into the basket area, the defensive player should close in on him. As the man moves away from the basket in the direction of mid-court, he may allow the distance between them to increase—unless he has been ordered to play a pressing defense. In that contingency, he should harass his man all over the court.

Otherwise the distance between him and his man should be in direct relationship to the distance of his man from the basket. If the guard finds his opponent going into the back-court to receive the ball, he should wait at mid-court to pick him up.

As a player becomes more adept at guarding, he can begin to give consideration to such factors as his opponent's speed, skill, and height, and modify his style of play to allow for them. If he finds that his opponent is faster than he is, he shouldn't come up too close on him in the mid-court area. This course of action minimizes the possibility of his opponent using a fake or a feint to outmaneuver him.

If the opponent also happens to have a good set shot, then the guard really has his work cut out for him. He must play his man close enough to bother the shot (waving the hand overhead, shouting, feints, etc.), yet not too close to permit the man to get around him. In case of doubt, it's always wise to risk the long shot rather than the drive around him.

By I. STANLEY CORB

SCHOLASTIC COACH

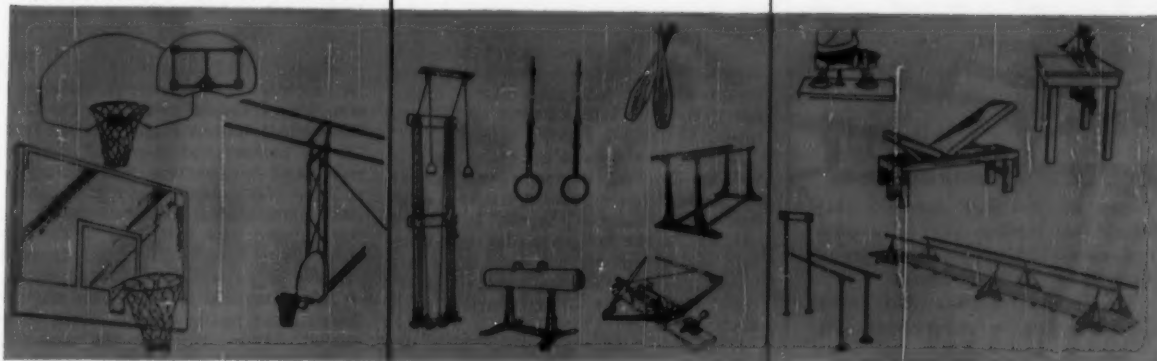
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Since a dribbler will usually try to make a waiting guard make the first move, the guard's counter obviously is to hold his ground and block the direct route to the basket. Some dribblers are good enough and others are foolhardy enough, to make the try regardless.

A turn in the direction of the drive and a long slide step backward will keep the guard in good position alongside and slightly ahead of the dribbler. He should then try to exert subtle pressure on the man to force him away from the basket. While moving with the dribbler, the guard should try to take the ball with the near hand from underneath.

A fatal mistake is to stand still and slap at the ball as the dribbler goes by. A miss may mean an easy basket.

If the approaching dribbler stops, the guard should immediately close in on him. This has a tendency to make him hurry to get the ball away or force him to pivot away from the guard and his potential receivers.

The guard, when he moves in, should keep his feet well apart and even with each other, until he straddles the leg on which his opponent has pivoted. He should keep his arms outstretched to the side and moving to make it even more difficult for the forward to get a good pass away. These maneuvers will prevent the forward from going around and around on his pivot foot—a popular stunt used to keep a guard from getting in too close.

When covering or guarding an opponent who has just received a pass at a distance from his basket, the guard shouldn't allow himself to be drawn in by a feint or a fake, particularly if the forward hasn't taken a dribble. He should confine his efforts to blocking or hurrying passes without giving the ball-handler an opportunity to dribble around him.

If the forward holding the ball is within shooting distance and hasn't taken a dribble, the defensive man has an additional threat to guard against. In the first case, the man with the ball could either pass it or attempt to dribble around the guard. Now there's the added threat of a shot.

The defensive man must resist the temptation to leave his feet whenever the forward fakes a shot. The latter may then easily dribble under him for a basket. The guard must remember to wave his arms but not step in too close with either foot or leave his feet until his opponent goes up to shoot.

When the guard is following an opposing player who's "weaving" to get clear for a pass, there's always the possibility of the guard colliding with or being brushed off by a post. If there's room between the post and the man guarding him, the defensive man should slide through and continue after the forward. If he can't get between them, he should switch men with his teammate.

In a longitudinal switch, where the guard backs into the post, he should

immediately pivot around into position behind him (between the man and the basket). On a lateral setup, where he is run into his own man, he may actually push his man into the switch—if the man hasn't been observant enough to see the switch for himself.

Since the post's man usually has more time to size up the situation, he should quarterback the play—calling "switch" or "slide" as the case may be.

A word of caution is advisable with regard to switching. Where the players are given too much latitude, they may start switching at the slightest provocation—with dire consequences. Too much switching is as bad as no switching at all. Superb defensive clubs like Kentucky and Oklahoma A. & M. hardly do any switching. They place tremendous stress on sticking to the assigned man and busting through screens. They don't switch unless it's absolutely imperative.

The well-trained guard will, while following his man, always keep aware of the court and the ball. This will enable him to foresee an impending collision in time to avoid it or to switch with facility.

If the forward manages to maneuver him into a position where he can no longer watch both the man and the ball, he should concentrate on the man. If this occurs in a cutting situation, the guard should throw his hands up overhead to deflect any sleeper passes. He should keep his hands up until he can once again locate the ball.

TWO-ON-ONE SITUATION

When forced momentarily to take two men, as on a fast break, the defensive player should retreat to the free-throw lane about eight feet in front of the basket and stave off the two men until help arrives. The strategy is to fake (foot, head, body, etc.) at the back man to stop him from coming in too far and then fall back to the rear man—thus forcing the shot from as far out as possible.

The analytical guard will always be looking for faulty habits. Some players will always pivot on the same foot or in the same direction . . . show a preference for one particular shot or always shoot from the same spot . . . turn a certain way as they go up to shoot . . . go too far into a corner and remain there . . . play too close to the sidelines . . . always look at the teammate to whom they're passing . . . habitually use a single two-hand dribble upon receiving the ball . . . stand still and wait for the ball to come to them, etc.

All of these are mistakes that may be exploited by an alert and observant guard. Let's see how this may be done.

Some offensive players have a tendency always to pivot with the same foot, which means they'll usually turn

(Continued on page 88)

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—Arch. 13J-Ma, for full technical data.

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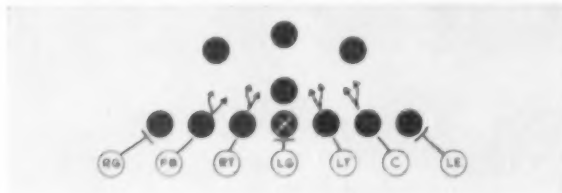
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A Flexible, All-Purpose Team Defense

(Continued from page 13)

Diag. 11, the "S" is a powerful short-yardage defense that should not be confused with a goal line defense.



Diag. 11, the "S" (short yardage) Defense

Please note that only the normal play of our linemen is shown in the diagrams. Their play can be regulated by the defensive QB, and a tremendous amount of diversity is possible. None of these defenses is stereotyped, but space precludes any detailed discussion.

In analyzing the defensive assignments, remember that in our system a player's offensive position is determined by his defensive skills. All our offensive RGs are taught the position commonly referred to as defensive LE. The offensive LEs become our defensive REs. Our offensive Ts operate inwardly from the outside shoulder of the opposing tackles. The LG does likewise, though his defensive play is more specialized as he operates over the offensive center in four of the defenses and as the middle linebacker in the "A" defense. Our C and FB are exclusively linebackers.

From our defensive set-ups, one should be able to deduce several of our salient team defensive theories: (1) stop the pass, (2) utilize little penetration, (3) assure excellent lateral movement, and (4) allow the two yards.

Insofar as our individual defensive lineplay is concerned, we observe the following theories:

1. Operate to a point: (a) on the line of scrimmage, (b) behind the line of scrimmage— $\frac{1}{2}$ yd., 1 yd., 2 yds., etc., (c) in front of the line of scrimmage.

2. Control your opponent by one of the following defensive techniques: (a) controlled shoulder charge,

(b) forearm shiver, (c) press shoulder charge.

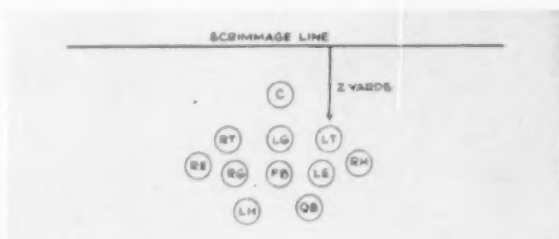
3. Locate the ball and react by taking the proper angle of pursuit.

4. Relentless pursuit by 11 men.

5. Gang tackling.

We like to think of these techniques as offensive maneuvers employed by defensive men. They're not to be confused with agilities such as lateral movement, second effort, rolling off block, etc., or methods employed to defeat a tandem block, inside-out block, flanking block, keys, and similar methods.

Now we come to the substance of our system—the actual utilization of our defenses in game play. Our C is usually the captain of our inner defenses, and it's his duty to call the defense and various maneuvers. Prior to each offensive play, the inner defense gathers in an organized huddle two yards from the scrimmage line facing the ball (Diag. 12).



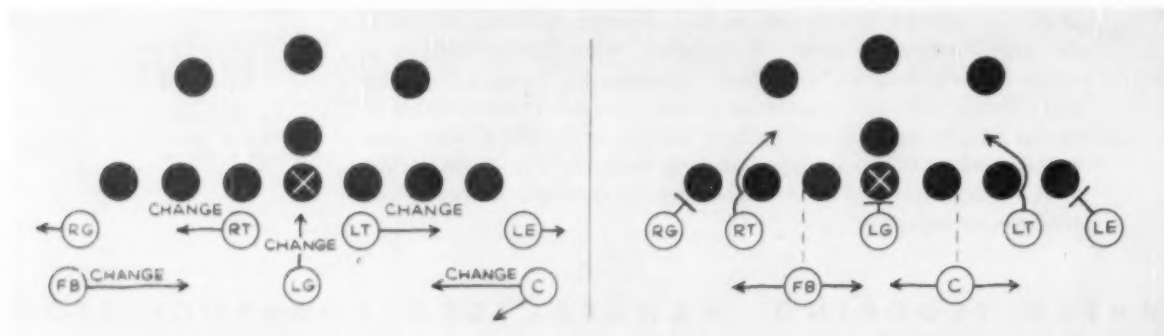
Diag. 12, Organized Defensive Huddle

The center faces them and the four secondary men in the umbrella, who flank the huddle. His call must relay five fundamental thoughts to the men, namely:

(1) The original defense. (2) Are we going to change the original defense. (3) Operation of our defense. (4) The varying distance of the linemen. (5) Are we going to shift the defense.

For full comprehension of what we're trying to do, let's analyze these principles one at a time. Bear in mind that the call of the defensive QB will be given in the above order.

1. The first word spoken by our defensive QB is an



Diag. 13, Changing the Defense from an "A" (left) to an "O" (right) on C's call of "Now"

The quality supporter at Bulk-Pack price

For Schools Only



This way you can buy the best—
Bike No. 10 Supporters—and
save money when you do it

Coach, here's a real bargain that cost-conscious school boards will approve of.

Now you can buy quality *Bike* supporters for no more than you pay for ordinary supporters. Yet, *Bike* costs less to use because they last far longer. They're made with 4T-280® Heat Resistant Rubber to keep their stretch better—stay useable longer—than supporters made with ordinary rubber.

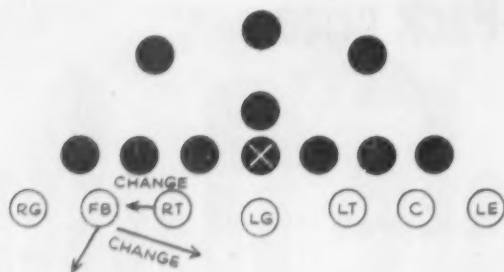
In the Bulk-Pack for schools, *Bike* No. 10 Supporters are easier to store, easier to issue, easier on the budget. Your Sporting Goods Dealer has them in stock now.

↑ SPECIAL SCHOOL BULK-PACK CONTAINS
ONE DOZEN OF ONE SIZE... **\$8⁸⁵**

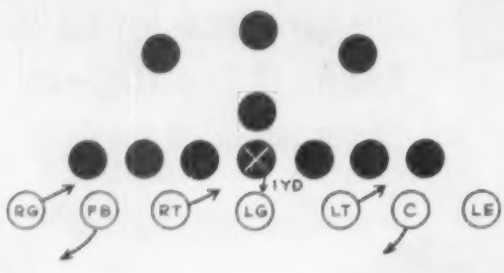
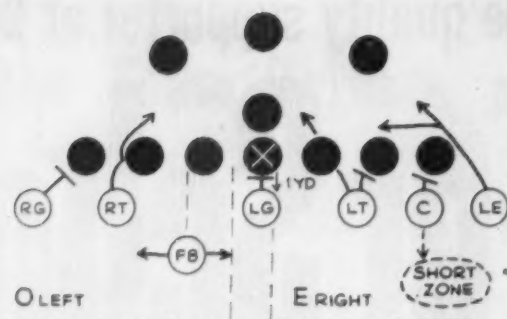
SOLD ONLY BY
SPORTING GOODS DEALERS

BIKE®

THE BIKE WEB COMPANY
Division of The Kendall Company
309 West Jackson Blvd., Chicago 6, Illinois



Diag. 14. Original Defense "E" and Change to "O Left" (right segment remains the same)



Diag. 15. Original Defense "E" and Change to "AO" (left segment changing to "A", right to "O")

alphabetical letter designating our original defense. This is the defense we will show first.

2. The second but most important principle embodies our changing of defenses. We feel that we can change on anybody since we change on our own signal. We change whole inner defenses on our own count or starting signal, or on some action or sound basic to the offense. We train our entire team to anticipate the opponents' QB going under center so that we can change quickly and smoothly. The change call will immediately follow the original defense call.

Example: If the C tells the defensive huddle "A to O", our defense will immediately line up in "A", the original defense, and upon the call ("now") of the C will change to "O", as shown in **Diag. 13**.

However, should the C (in the huddle) make a call such as "E to O left", then the left segment will change the inner defense on the left side according to the game plan. No change will be made on the right, as shown in **Diag. 14**.

The defensive QB may also say "E to A left, O right"; or, in more expedient terms, "E to A O." On his call, "now", the left segment would change to "A" and the right segment to "O" (after taking positions in the original defense, "E"). Note: On any dual change, the left segment is given first.

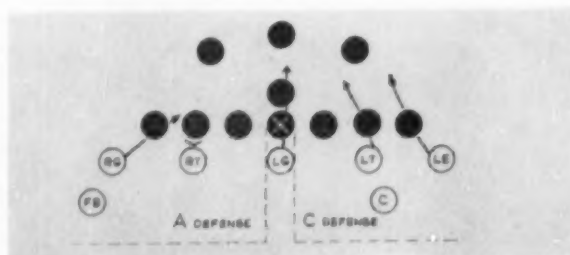
The "E to A O" defense is shown in **Diag. 15**. A unique defense that has proved tremendously successful, it provides an odd set-up on the right and an even alignment on the left—an arrangement that can be easily reversed. The confusion that it causes all offenses has been highly gratifying.

It's possible for the defensive QB to obtain the same alignment without changing the inner defenses, by simply making "A C" his original call. See **Diag. 16**.

3. The third principle coordinates varying the intensity of the charge with "reading." We're pre-

dominately a "reading" team utilizing defensive rules. By "reading," I mean the practice of interpreting blocking patterns and utilizing defensive rules according to the movements of the offensive linemen and backs. It's based on solid scouting reports on the offensive blocking patterns and detailed preparation against all possible patterns.

"Reading" is not to be confused with "keying." The former involves the defensive linemen's use of peripheral vision, usually triangular in nature, on the movements of more than two opponents. Defensive linemen are "reading" different offensive opponents. When we want our linemen to "read", we say, for example, "A to E Read."



Diag. 16. "AC" (left side in "A", right in "C")

Varying the intensity of the charge is vitally important. Where you employ just one type of charge from a basic position off a basic defensive formation, you give the offensive man a definite advantage. However, a change of defensive pace—employing a controlled shoulder charge one time and a forearm shiver the next—can cause the offensive man trouble.

As shown in **Diag. 5**, the basic technique of the Ts



Your team can study every play with a motion-picture recap

How was the down-field blocking? Who missed his assignment? No need to wonder when you can show your team the play just as it was carried through. More and more coaches throughout the country are using Du Pont Motion Picture Film to sharpen their teams into winning form.

You'll always get clean, needle-sharp images with Du Pont Type 931 High Speed Rapid Reversal Motion Picture Film, too . . . even when games are played on dark,

overcast days or at night. And, you can store films away to be used for future training purposes.

There's no long waiting for processing with rugged Du Pont Motion Picture Film. Just mail the coupon, and we'll gladly send you more information and a list of firms in your area equipped to give you fast processing service. Take advantage of this modern training aid for your own team!

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BETTER THINGS FOR BETTER LIVING . . . THROUGH CHEMISTRY

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Wilmington 98, Delaware

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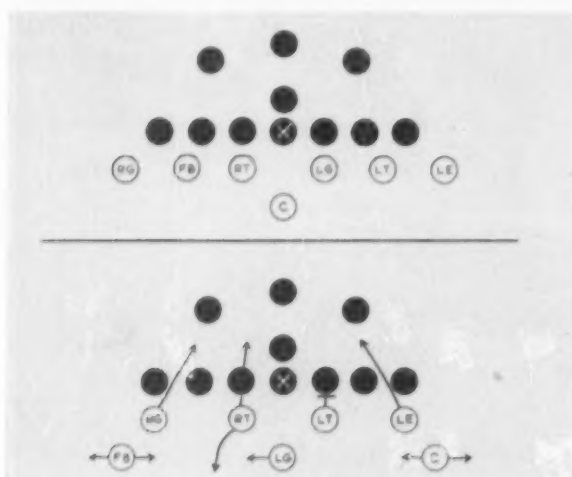
Address _____

City _____ State _____

309

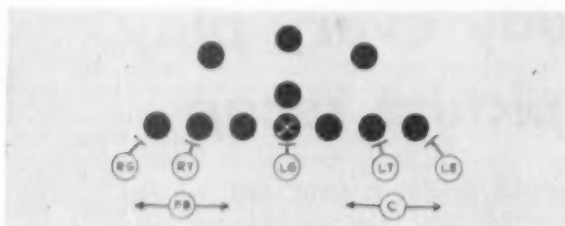


in the "A" defense is normally soft (a shiver). The defensive QB may vary their play by adding the word "crash" immediately after the charge call. He can call, say, "G to A crash", or, even further, "G to A crash left", as depicted in **Diag. 17**.



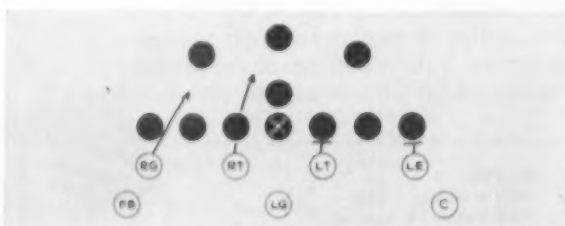
Diag. 17. "G" (top) to "A" Crash Left (bottom)

The only two words used are "crash" and "soft." If no change call is part of the signal, the "crash" or "soft" will immediately follow the original call. The signal "C soft", for example, would signify a soft defense from the basic "C" formation. (**Diag. 18**).



Diag. 18. "C" Soft (soft defense from basic "C")

As a further refinement, the "A" defense could be changed from the soft play of the Ts and the hard play of RG and LE by the call of "A crash-soft" (**Diag. 19**).

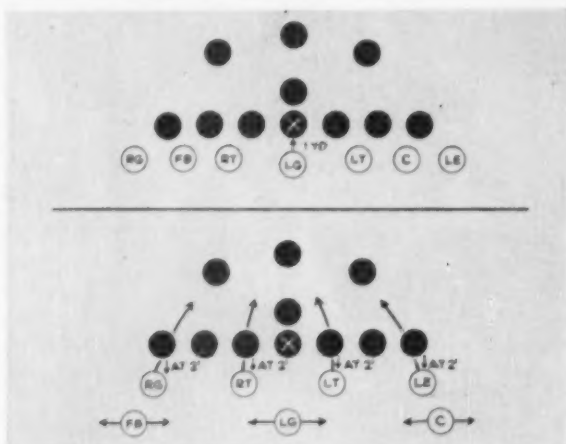


Diag. 19. "A" Crash Soft (left crashing, right soft)

We employ stunting about 10% of the time and "red dog" or "shoot" linebackers 10% of the time from any defense. This is relayed to our defensive team through terminology such as "E to A red dog all." All the linebackers will "red dog" or "shoot."

4. The fourth principle is the varying distance off the line. Every offensive lineman will appreciate the

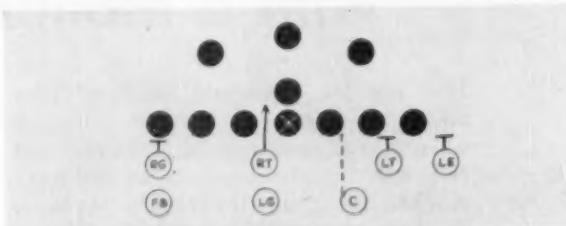
problems presented by a defensive man who is varying his distance off the line as well as his intensity of charge. We arrive at this defensive variation by calling at "2" or "3", indicating that we want our defensive linemen off the line 2 or 3 feet. This call will follow the intensity of charge call. Example would be "E to A crash at 2" (**Diag. 20**).



Diag. 20. "E" (top) to "A" Crash at 2 (bottom)

5. The fifth principle, infrequently employed, is that of shifting a defense. When shifting, we always shift our linemen over one man either right or left, with our linebackers compensating one man in the opposite direction. We shift on the C's command of "shift".

When this principle is utilized in our defensive call, it follows the fourth principle variation of our alignment. See "AO shift right" in **Diag. 21**. This is the



Diag. 21. "AO" Shift Right (Oklahoma Defense)

defense Oklahoma used to stop Maryland in the Orange Bowl.

We start our boys on the seven basic defenses from the very first day of practice, then bring them along on the changing and other principles. It's the changing that's most important to us and we stress perfect defensive execution. If we're getting beaten on defensive mistakes, we're doing a poor job of coaching. We teach these defenses against every offense we expect to meet, as well as those we're not apt to meet at all. The players learn their assignments against all offenses.

We also have our goal line defenses, and each week we put in one new defense which we think will meet the strength of the team we're playing. Insofar as our defensive quarterback (center) is concerned, we work with him on such essential considerations as down and distance, position on the field, score, time, game plan, etc. These all have a very vital bearing on his choice of defense.



Only **ALL STARS**
 carry this famous
 ankle patch!

All Stars — the basketball shoes that outsell and outperform any basketball shoes made — now have plenty of "look-alike" company, flattering testimony to Converse leadership. But if you want the very best in fit, comfort and game-winning performance for your players, remember this:

Only All Stars carry the ankle patch with the Star, quick and positive identification of America's No. 1 basketball shoes! Don't settle for less than the best — and that's Converse All Stars!



10 ways better!

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| 1. Lightweight for Speed | 2. Foot Form Last for Fit and Comfort | 3. Shock Absorbing Full Length Sponge Insole and Arch Cushion |
| 4. High Peg Top Foot-Fashioned Upper | 5. Loose Lined Army Duck Uppers | 6. Under-Stitched Web Tape Backstay |
| 7. Rugged Protective Toe Guard | 8. Double Sole Binding | 9. Non-Marking Positive Traction Outsole |

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CONVERSE
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ALL STAR
 BASKETBALL SHOES

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NEW MAT-HIDE

SMOOTH, COATED DUCK

- WASHABLE
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WEARS LIKE IRON!

Now available in Ivory, Royal Blue, Kelly Green, Scarlet, Gold and White. Gym mats and covers in your own vibrant school colors!

In addition to MAT-HIDE, you may choose tan JIM-HIDE covering—a tough impregnated duck—or triple-duty white roll ducks.

Before you buy floor mats and covers, wall mats and Baseball Bases, see the National line!

Write for a new price circular.

NATIONAL
Sports Company
364-374 N. MARQUETTE STREET
FOND DU LAC, WISCONSIN

... USED BY AMERICA'S
LEADING ATHLETES ...

SAFE-PLAY

GOGGLES and GLASSES

Ground to Your Prescription



Football Goggles
Large oval lenses—
Ventilation openings—
give same vision
as regular glasses—
Case-hardened lenses—
Only cushions of
rubber touch the face—
Comfortable, easy
to adjust. Prescription
ground.



Basketball Glasses
Sturdy all metal
frames—Plastic nose
piece—Gives same
vision as regular glasses—
Case-hardened lenses—
Suitable for other
sports—Comfortable,
easy to adjust. Prescription
ground.

Football bowl games and inter-sectional basketball games every year have many players wearing SAFE-PLAY goggles and glasses. This is the world's greatest test for players with faulty vision. SAFE-PLAY does the trick! Write for brochure, prices, etc.

SAFE-PLAY GOGGLE CO.

540 E. Grand Avenue Beloit, Wisconsin

Now let's see how the whole system works, taking a typical call and following it through step by step. Let's take the call, "L to A soft at 3 shift right."

As you can see in **Diag. 22**, "L" is the original defense call, "A" is the change call, "Soft" refers to the intensity of charge, "3" is the variation of alignment, and "Shift Right" indicates shifting a man over to the right.

A final important point: We "racehorse" our defense—get in and out of the huddle as fast as possible—at all times. If the offense will give us time to rest on defense, we want to do it in the area in which we're going to operate on the ensuing play. (The racehorse concept jibes with our racehorse offense.)

Insofar as the fundamentals are concerned, we want our defensive linemen to assume a three-point stance with the feet shoulder-width apart and the inside toe slightly in back of the outside heel. The forward foot is up on its ball, while the back foot is rested on the ground.

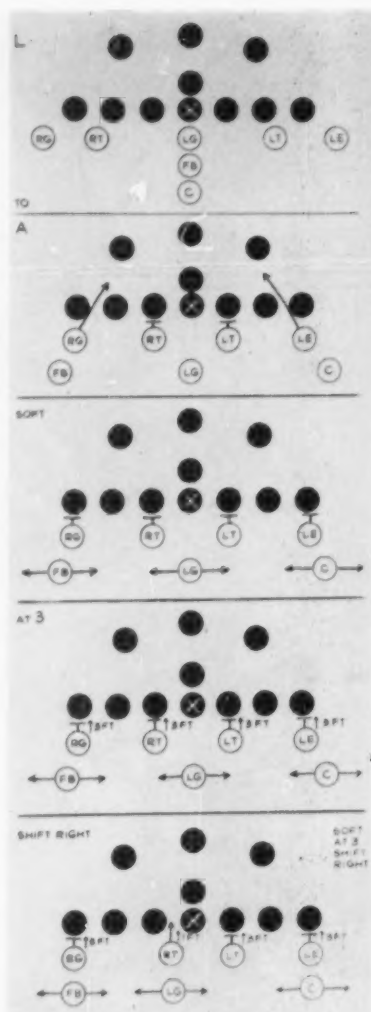
The inside hand is down with a five-finger hand base, and the outside arm is at the side of the outside leg.

The hips, back, and head are on the same plane, and the neck is not bulled.

The highest tribute a team can be paid is to be called a fine tackling team. We use four types of tackles—head-on, angle, open field, and hitting the passer.

Following are the ten features of good tackling:

1. Eyes on the target.
2. Body control.
3. Time shoulder contact and whip arms.
4. Widen as you hit.
5. Have recoil in legs.
6. Tackle through the carrier.
7. Full shoulder contact and drive through.
8. Hit the small, shifty backs high and hard; hit the running backs low.
9. Concentrate on the carrier's mid-section.
10. Never leave your feet until contact is established.



Diag. 22, "L" to "A" Soft at 3 Shift Right

10. Never leave your feet until contact is established.

Player's responsibilities:

1. Own territory.
2. Angle of pursuit.
3. Rush the passer.
4. Play traps.
5. Play pressure.
6. React to keys.

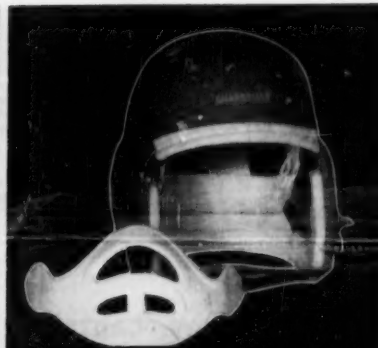
SINCE launching his coaching career at Adelphi College (N. Y.) at the tender age of 21, Al Davis has been carving out a substantial reputation as a high-powered thinker and innovator. His bright, original ideas on the game have been compounded in three previous articles: "Offensive Line Quarterbacking" (May 1952), "Maximum Variety in Your Backfield Patterns" (May 1955), and "Racehorse Football" (May 1956). Besides coaching at Adelphi, Al head-mentored the powerful Fort Belvoir team of 1953 and put in a year as an assistant with the Baltimore Colts. One of the keenest judges of football talent in captivity, Al helped draw up the fabulous draft list of the Colts in 1954 (which made a powerhouse of the team) and is the chief talent recruiter and line coach for The Citadel "team of destiny."



The Ted Sowle GUARDSMAN

The Face Guard that's safe, made of toughest thermo-plastic, comfortable and easy to install. Fits all helmets. Colors: White or Buff.

List Price: \$7.40 Trade Price: \$5.85



No. 108 GAME HELMET

Made of durable plastic, helmet adjusts to fit any head size. Colors: Royal, Scarlet or White.

List Price: \$8.00 Trade Price: \$6.00

Helmet and Face Guard Unit

List Price: \$15.00 Trade Price: \$11.25



SHOOK KNEE BRACE

Leather covered steel splints and ball bearing joint protect right or left knee injuries. Snap-in elastic inserts come in S., M., L. and XL.

List Price: \$44.50 Trade Price: \$33.38



Ted Sowle JR. GUARDSMAN

Light, comfortable, made of toughest thermo-plastic, padded with shock-absorbent plastic foam. Attaches easily to any youth-size helmet.

Retail Price: \$2.95

OUR
HIGH QUALITY
SPORTING GOODS LINE
GIVES YOUR ATHLETES
BETTER—SAFER—
FOOTBALL



TOP QUALITY JR. HELMET

Has strong webbing suspension. Sizes: Small, Medium or Large. Colors: Scarlet with Silver stripe, Royal with Gold and White with Scarlet. Retail Price: \$4.00. Jr. Helmet and Jr. Face Guard Unit. Retail Price: \$6.95



"Moose" Krause FIRST DOWN RULE

It's football's greatest time-saver! Chains and chain gang stay on the side line. Gives accurate calibrated measurement-easier-faster.

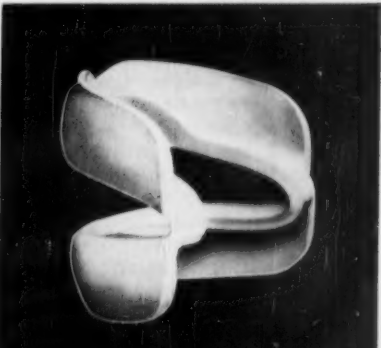
List Price: \$12.00 Trade Price: \$9.95



"SHOCK-EZE" TUBE BAR PAD

Shock-absorbent ENSOLITE slides over tube-type bars for added safety to player and opponent. Colors: Scarlet, Royal, White, Kelly or Gold.

List Price: \$1.00 Trade Price: 75c



DENTA-GARD

Gives full dental protection in contact sports. Safe-guards both upper and lower teeth, lips and gums, and is easy to rinse and sterilize.

List Price: \$2.60 Trade Price: \$1.95

Write for Descriptive Literature on Any of the Above Items.

Dept. 28

ATHLETIC PRODUCTS COMPANY, INC. • South Bend 24, Indiana

Ten Unusual Expedients for Football Publicity

By JOEL W. CARTER

Ensign, USNR, Fort Amador, Canal Zone

ATTENDANCE at most schoolboy football games can be greatly increased by better publicity. Too many schools rely almost entirely on the sports pages and their schedule posters, though numerous other methods of publicity are available. Adequate use of these methods can greatly benefit the scholastic football program.

Attendance should be a primary concern of the coach. Getting people to attend the games is not only the first step in promoting an understanding of football's contribution to the educational process, but is also a financial necessity. Since most schools depend heavily on gate receipts to finance their athletic program, good attendance is a "must" in establishing a first-class program.

Coaches and school administrators should remember that many people have only a cursory interest in football. To them, football is just another form of prospective entertainment and to attract them the school must compete with movies, television and other forms of well-publicized entertainment.

Here are ten ideas which, though not widely used by schools, lend themselves readily to football publicity. They require only a small amount of time or money and can be administered, if necessary, by student volunteers. Several of the ideas require community participation or donation, but of the type that can be easily obtained.

PUBLIC BULLETIN BOARD

A weather-proof, glassed-in bulletin board located on the sidewalk at a busy downtown intersection will be seen by hundreds of people every day. If the materials displayed thereon are kept current and interesting, its advertising value will be enormous.

Some items which may be used on the bulletin board are photographs,

scores of other conference games, newspaper clippings (particularly from newspapers of opponent's cities and other out-of-town papers), game programs, statistics of past games and seasons, posters, schedules, and information about the band or other extra-football events of coming games.

LAPEL BUTTONS

This project requires the cooperation of a men's organization who will wear lapel buttons or tags advertising the coming game. A booster or civic club will usually be glad to do this for the school and the result will be very worthwhile.

The business and professional men who comprise such clubs meet hundreds of people every day and the "plug" which they can give the game is made especially effective because it involves the personal element.

If celluloid buttons similar to those used for identification badges are bought, the legends can be changed for each game and the same buttons used indefinitely.

A cheaper type is the small metal button that clamps over the edge of the cloth. Cheapest of all are printed cardboard tags which fit on a shirt button or can be pinned on.

Whichever type is used, they should be as large, as colorful, and as attractive as possible.

MOTOR PARADES

Ordinary parades are very good promotional devices, but they're complicated and difficult to organize. Simpler is the motor parade in which all the participants are in cars, open trucks, or tractor drawn wagons.

A motor parade is more effective than a regular parade since the range is greater and usually the en-

tire community can be covered. The school band, cheerleaders, pep club, etc., can be used to create almost a mobile pep rally.

The main units of the motor parade should be in wagons or flatbed trucks, but the student body and other interested fans can add to the effect by following in decorated cars. A sound truck can also be used, but care should be taken to keep the parade in good taste and quiet enough so that it is never irritating.

Arrangements for a motor parade can often be assumed by the band or a student organization.

PREPARED RADIO ANNOUNCEMENTS

Spot announcements advertising a coming football game will often be donated by radio stations if requested. Only the most prosperous stations do not have the "dead air" problem; that is, considerable time during program breaks for which they haven't been able to sell commercial advertising. A request for some "plugs for the game" will often get the school some radio advertising.

However, the school should prepare their own spot announcements in a form that can be easily used by the radio station in order to obtain the maximum in both quantity and effectiveness.

The easiest way to do this is to prepare numerous typed, easily read copies of the desired announcement so that the station personnel can insert them in their scripts or continuity folders. Several versions should be prepared, perhaps all saying the same thing but expressing it differently, so that the announcement doesn't become boring or irritating to the radio audience.

Much more effective than the simple "spot" is a tape recorded announcement. These are easily prepared, cost little since the tape can be reused, and are generally pre-

when protection is needed...

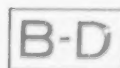
send in **ACE**[®]



ACE Rubber-Elastic Bandage protects against the minor physical disabilities which interfere with peak performance and force key players from the game. Designed expressly for the prevention and treatment of common athletic injuries, **ACE** Rubber-Elastic Bandage is made exclusively by...

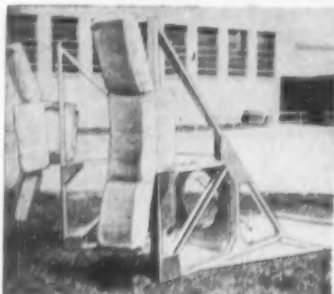
BECTON, DICKINSON AND COMPANY • RUTHERFORD, N. J.

ACE, T.M. Reg. U.S. Pat. Off.



PORT-A-BLOC

New all-aluminum
FOOTBALL TRAINER



- PORTABLE
- TOUGH & RUGGED
- FOLDS TO CARRY & STORE

Port-a-Bloc has been designed by a football coach, engineered in cooperation with Aluminum Company of America. Coaches will find it the answer to a real need in football training. Port-a-Bloc teaches fine blocking and tackling to all ages—from junior-high to pro.

Port-a-Bloc is available in one-man and two-man outdoor units, and in a model for indoor training.

Write for literature and prices

BALL & HALE

Manufacturers of Athletic Equipment
1526 Greenmount Ave. • Pittsburgh 16, Pa.



Bekrens

Portable Water Bubbler
... for All Sports

Recommended by Health Authorities and Coaches • Carries cool, safe drinking water anywhere • Streamlined Stainless Steel tank • Rubber tired wheels for easy rolling • Two modern sanitary push-button fountains for steady pressurized water flow. Easy to fill, ice, clean. Five gallon capacity.

Bekrens MFG. CO. Inc.

WAUKESHA 4,
WISCONSIN

fered by radio stations because an engineer can broadcast them without an announcer being present.

With a little imagination by their producer, taped announcements can be made colorful and entertaining by the use of sound effects, music of the school band, cheers, and actual voices of coaches and players.

MAIL

The cooperation of firms whose bosses support the football program can often be obtained in using their out-going letters, bills, and statements for football advertising. The school should provide these businesses with a rubber stamp and ink pad for marking the envelopes to be used. A slogan, a statement of the time, place, and opponents, or any suitable short phrase may be used; for example:

Wildcats vs Smithville

Oct. 15, Miller Field

Or, the same announcement might be used throughout the season, like:

"Watch those Wildcats gol"

Several postage meters are often worthwhile investments. Along with advertising for the school, these machines print a "postage paid" emblem and thereby save business firms the labor of applying stamps. The firms would, of course, reimburse the school for the amount of postage used.

AUTOMOBILE ADVERTISING

Bumper signs similar to those used by resort areas can be attached to cars of students and fans who permit. These signs will attract much attention and be seen by many people throughout the community.

Also effective is lettering painted on the bodies of cars with water colors, liquid chalk, or some other easily removed paint. The use of a stencil will allow a great many signs to be painted in a short time and allow application by individuals with no artistic talent.

Such signs should never be applied more than a few days before the game being advertised unless they are rain-proof. The people who allow their cars to be so used should be asked to remove the advertising soon after the game.

CLINICS

Attendance at the opener can often be improved by holding a free demonstration a week or so before the game. New rules, basic formations to be used, common types of

fouls, or football terms may be demonstrated and explained. Or, a Ladies' Clinic may be held for the purpose of explaining the basic ideas, rules, and common terms to the fans' wives who find the game confusing.

Whatever the type of clinic, it should be colorful, entertaining, and fairly brief. A clinic can be coupled with a public scrimmage, pep rally, introduction of the team, or band performance.

THEATER ADVERTISING

Lantern slides similar to those used for instructional purposes can be furnished to local movie houses for projection once during each program. Such slides can be made by most teachers trained in the use of audio-visual aids or they may be commercially obtained at a nominal cost.

It may be difficult to get the movie houses to donate this advertising since the football game is competing with them for the public's entertainment dollar, but an offer to post their program bill in a conspicuous place at the game, give them advertising over the public address system, or some other reciprocal agreement will often appeal to the theater managers.

DISPLAYS AND EXHIBITS

The use of displays and exhibits is limited only by the imagination and creativity of the coach or the person preparing them.

One of the best places for displays is store windows donated by merchants who feel that the football exhibit will draw spectators to their own window display or in windows loaned by banks, public utilities, and other firms who do not have material goods of their own to display.

Once during the season, perhaps for the homecoming or opening game, a contest may be held in which either student organizations or business firms can compete for the best football display. Such a contest not only produces numerous displays but gets newspaper notice itself, thereby indirectly advertising the game.

SCHOOL BUS ADVERTISING

Many schools operate a fleet of busses that covers the entire community twice a day. The broad sides of these vehicles can be utilized very well for athletic advertising, with big posters or temporarily painted signs similar to those often seen on express trucks and commercial busses.

Bob Cousy recommends

"P-F" BASKETBALL SHOES

The special "P-F" feature helps players go full speed longer...

helps them play their best longer...helps them increase endurance...helps prevent tired, strained foot and leg muscles.

Look at the X-ray diagram. See how the special "P-F" feature—the unique rigid wedge—helps your players increase endurance.

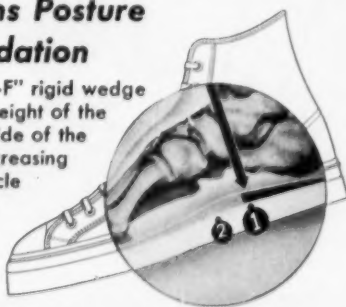
Look at the leg diagram. See how "P-F" puts the body weight on the outside of the normal foot and helps prevent tired, strained foot and leg muscles...helps your players go full speed longer...helps them play their best longer.



Bob Cousy
Boston Celtics
World's greatest
basketball player.

"P-F"* means Posture Foundation

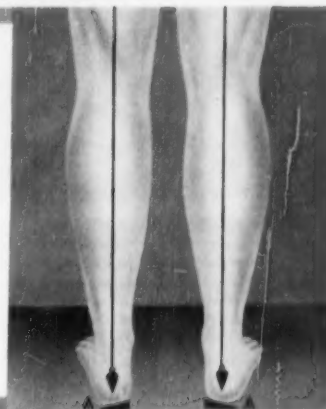
1. The important "P-F" rigid wedge helps keep the weight of the body on the outside of the normal foot—decreasing foot and leg muscle strain, increasing endurance.
2. Sponge rubber cushion



X-RAY DIAGRAM ILLUSTRATES THE SCIENTIFIC PRINCIPLES OF "P-F"

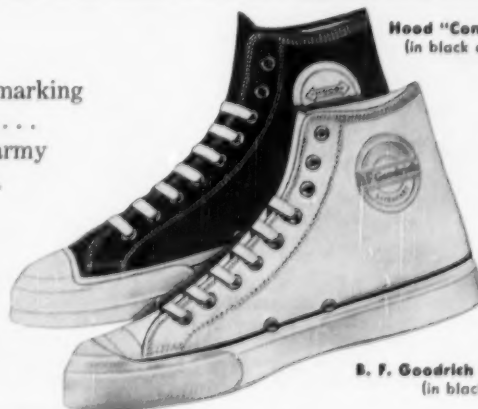
BODY WEIGHT ON OUTSIDE

of normal foot with aid of "P-F" rigid wedge ("A" at right) helps reduce fatigue and increase comfort.



Look at "P-F" Basketball Shoes. See their other fast-action, comfort features as tough, molded, non-marking soles with traction tread for quick stops and starts...sponge cushion insoles and heels...extra-quality army duck, loose-lined ventilated uppers with air eyelets.

Take a tip from Bob Cousy. Get your team "off on the right foot"—with the right footwear. Whether you buy the shoes or the players buy their own, insist on famous "P-F" Basketball Shoes.



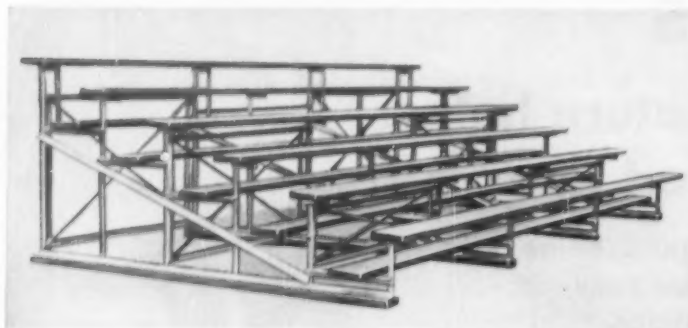
Hood "Conference"
(in black and white)

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(in black and white)

"P-F" BASKETBALL SHOES are made only by B. F. Goodrich and Hood Rubber Company, Watertown, Mass.

NEW EQUIPMENT

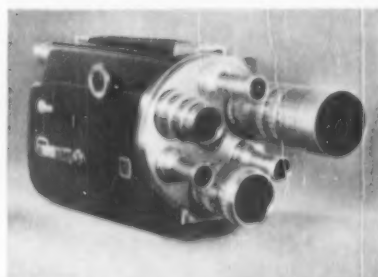
For full details on any or all of these products, check the respective listings under "NEW EQUIPMENT" in the master coupon on page 95.



• **PORTABLE STEEL STAND.** Two men can easily erect and dismantle Leavitt's new grandstand. Steel components are connected by spring loaded pins that make possible speedy erection without tools of any kind. Available in 5, 6, 8, or 10 rows.



• **MOUTH PROTECTOR.** The Athletic Products Co.'s "Denta-Gard" furnishes full dental protection for contact sports. It safeguards both upper and lower teeth, lips and gums, and is easy to rinse and sterilize.

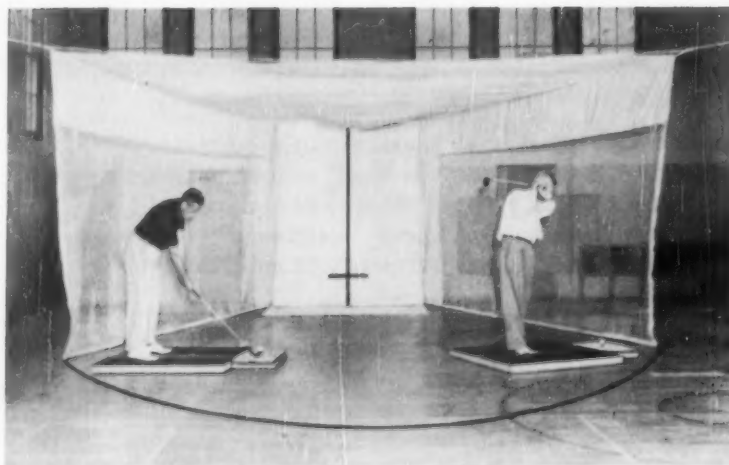
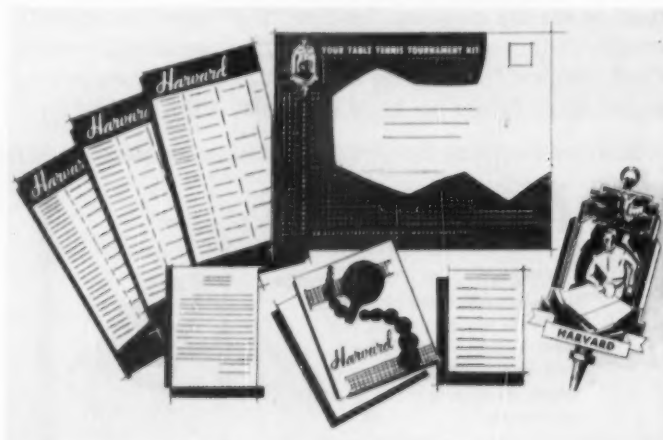


• **TURRET MOVIE CAMERA.** Eastman Kodak's unique new camera mounts three famed Ektar lenses together with matching viewfinder lenses, allowing instant changing from standard to wide-angle to telephoto shots. Speed varies from 16 to 64 frames per second.



• **SCRIMMAGE CAP.** This $\frac{1}{2}$ " sponge jacket slips on over outside helmet crown, giving both wearer and opponent much added protection in scrimmage. An Ohio Athletic Specialty Co. product, it comes in red and gold for contrast—protects finish.

• **TABLE TENNIS TOURNAMENT KIT.** Harvard Table Tennis Co.'s unique kit contains everything essential (charts, rules, playing tips, etc.) to run a full-participation Harvard Gold Medal Table Tennis Tournament with Harvard Gold Medal Awards for the winners.



• **DRIVING RANGE.** The Berlin Chapman Co.'s "Pak-A-Way" can be set up or folded against a wall in less than two minutes by one person! Specially designed for both righties and lefties, it includes net, backstop, and driving platforms with built-in rubber tees and brush mat. Two persons can use range at one time.

Cyclo-Massage Speeds Healing of Bruises, Sprains, Charley Horses

Sports College's Lloyd Percival Finds Injury Time Reduced With Use of Cyclotherapy® Equipment

Much has been said of the Cyclo-Massage devices (Cyclotherapy) being used in the United States by an ever-growing group of athletic trainers, coaches and professional athletes.

After having read several very favorable reports of this equipment from such eminent athletic trainers as Howard Waite of the Pittsburgh Panthers and Dr. Harrison Weaver of the St. Louis Cardinals, Director Lloyd Percival of the Sports College, Toronto, undertook his own research program.

Highlights of Director Percival's report, "Effectiveness of Cyclotherapy on Athletes," are as follows:

"We have found that contact bruise injuries of all types (especially the well-known Charley Horse) react very favorably to the use of Cyclotherapy. In many cases

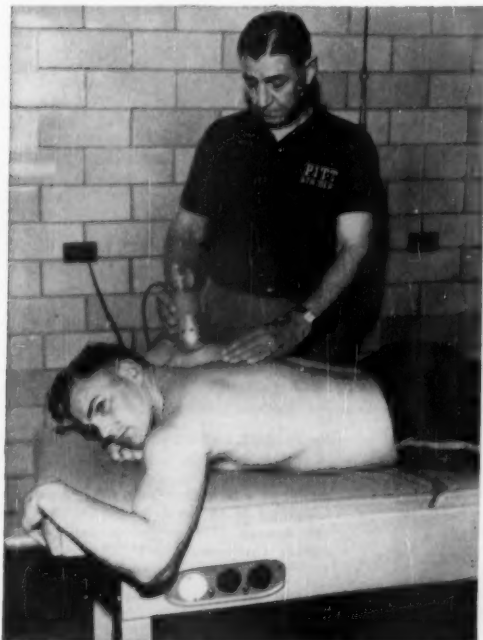
we found that the use of this equipment cut down the time of recovery—sometimes as much as 50%. There appears to be no doubt that Cyclotherapy stimulates the circulation very effectively and thus aids the normal healing processes.

"In using the equipment in the treatment of 'Shin Splints,' a notoriously difficult condition to cure, we can report exceptionally good results. So far in our experience we have not used a technique that has such quick-acting results.

"In the treatment of strains and sprains we have found that the use of Cyclotherapy does a great deal to hasten the healing process. It was particularly noticeable that the muscle spasms and tension usually associated with these injuries were relaxed very quickly by the use of this equipment."

RELIEVES TENSION, FATIGUE

Aside from its healing benefits, Director Percival found that Cyclotherapy had an excellent relaxing effect on men who were extremely susceptible to pre-game nervous and muscular tension.



The Pittsburgh Panthers' progressive trainer, Howard Waite substitutes Cyclotherapy for hand manipulation in giving his athletes rubdowns, as demonstrated here on tackle Eldred Kraemer (now a professional football star).



The late Dr. Harrison Weaver, (St. Louis Cardinals) used Cyclotherapy in the treatment of certain painful, incapacitating injuries.

The equipment proved extremely valuable, also, as a sleep-inducing agent for tense, apprehensive athletes, and as an aid in the recovery from fatigue due to muscular activity.

EASY TO USE ON THE FIELD, IN THE TRAINING ROOM

Cyclotherapy equipment is available in various styles of training room tables. In addition, small units are offered that can be carried with the team. These portable models are so light and compact, in fact, that they can be kept right at the bench for immediate use in case of injury.

CYCLOTHERAPY PROVIDES EXTRA HANDS FOR BUSY TRAINER

Cyclotherapy can be applied by the injured person, himself, with but a small amount of supervision by the trainer. This, obviously, permits the harassed trainer to handle many, many more cases than heretofore.

Furthermore, as Trainer Howard Waite of the Pittsburgh Panthers points out, the Niagara Hand Unit, when substituted for hand manipulation, takes the labor out of the rubdown.

FREE BOOKLET GIVES PRICES, DETAILS

Full details on Cyclotherapy equipment, including catalog and prices, are available. Simply write to Cyclotherapy, Inc., Dept. Sc 96, 11 East 68th St., New York 21, N.Y.



Use of the portable Cyclotherapy cushion on ankle injury is here demonstrated by Trainer Howard Waite and ex-Pitt tackle Eldred Kraemer.

NEW EQUIPMENT

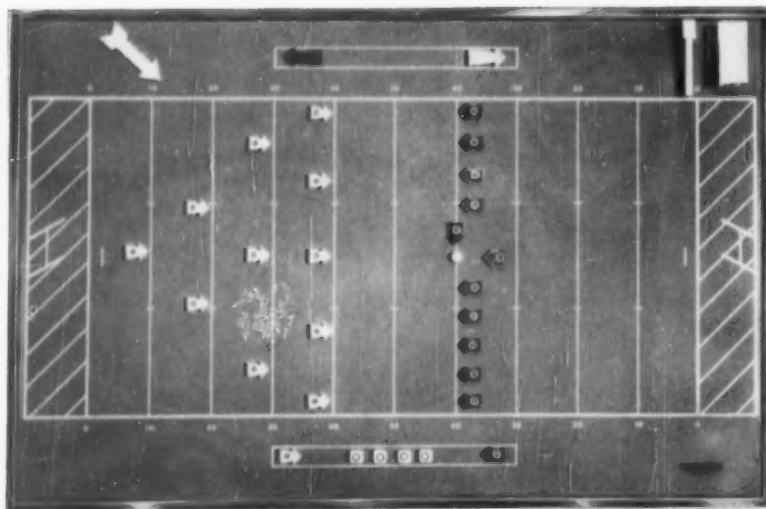
For full details on any or all of these products, check the respective listings under "NEW EQUIPMENT" in the master coupon on page 95.



• **PORTABLE BLEACHER.** Earlville Bleacher Corp.'s 3-row portable unit features fastest seat board removal, yet securely locked in use. Steel framework takes down easily; stores compactly. Whether crowds are large or small, Earlville seats them all.



• **HEAT-MASSAGE PAD.** The Thermo-Cyclopad combines heat and massage in a single unit! The flat comfortable pad contains a cycle massage motor and a special heating element, plus a control panel regulating the degree of heat and massage, and an automatic timer. The heat and massage may be used simultaneously or completely independent of each other. Device is offered alone or as part of the Niagara Portable Set.



• **MAGNETIC FOOTBALL BOARD.** Playmaster Football Coaching Kit is perfect for illustrating all offensive and defensive plays. Magnetic directional player symbols move just the way real players do, thereby simplifying and clarifying chalk-talks. Players see entire play at once.



• **LOUDSPEAKER.** "Portapage," manufactured by Sound-Craft Systems, is a portable lightweight, loudspeaker system ready for instant use at all times. Compact and easy to carry. Its volume is controlled by speaker's voice. Operates entirely from dry cell batteries. Weather and dust-resistant. Range effective up to one-quarter mile.



• **PLASTIC BAR GUARD.** MacGregor's new flat clear guard fits both plastic and leather helmets, attaching with threaded sockets through ear holes. Only other operation required is to pivot guard up or down to desired location to properly protect either nose, mouth or chin.

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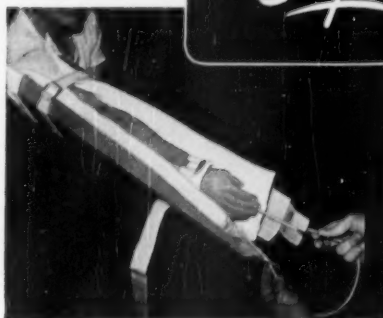


Not in this Case . . . the Trainer Applied the

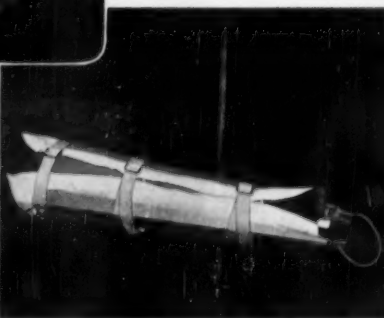
New

Stryker

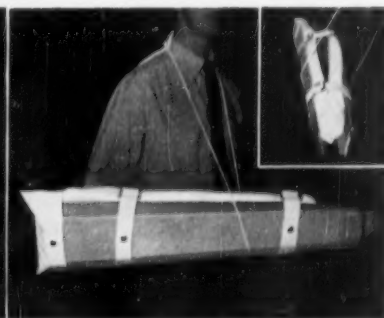
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*Patent pending

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Defensive Recognition Sheet

5-3

4-5

7-1

5-2 TIGHT

6-2 TIGHT

5-2 WIDE

6-2 WIDE

5-4

By **CHUCK MOSER**

Abilene (Tex.) H.S., Texas 4-A Champions, 1954-55

Coaching the Schoolboy QB

THROUGHOUT the years, we've observed that all outstanding teams have two things in common—great spirit and a great quarterback. Whenever we've had these two positive qualities, we've had a good team; and whenever we've lacked either one, we've had a poor season.

You can't depend upon chance to come up with a good quarterback every year. You've got to make quarterback training an integral part of your overall coaching scheme. We learned this the hard way. One year we had two excellent senior quarterbacks and had a great season. The following year we didn't have an experienced qb and had our worst season. That's when we resolved never to be caught short again.

We now try to have a sophomore, junior, and senior quarterback on our squad every year, so that even though we may lose our best qb through graduation, we'll always have available an experienced boy who's been with us three years.

One of the most important jobs is selecting the right boy for the position. Though everyone looks

for size, we've been getting a lot of mileage the past two years out of two 145-pound qbs (H. P. Hawkins and David Bourland). In high school ball, the following qualifications are more important than size:

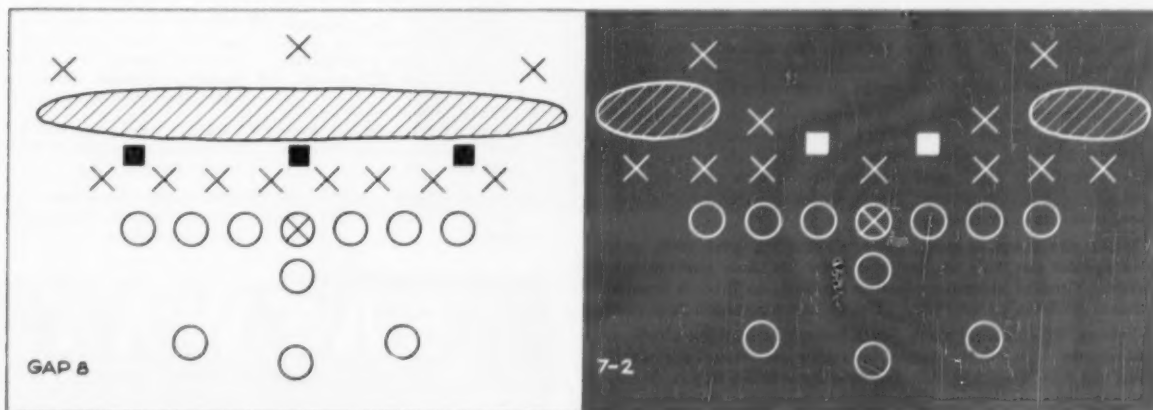
QUALIFICATIONS FOR JOB

1. Willingness to work extremely hard. We tell our qb that he must be the hardest worker on the squad. Nothing can take the place of study and hard work.
2. Likeability. We want a boy who's well liked by everyone on the squad. The boys must believe in him and follow him unquestioningly. If he isn't well liked, he'll rarely be a great leader.
3. Smartness.
4. Quickness. Quick qbs help eliminate fumbles, intercepted passes, and second-down-and-15-yards-to-go situations.
5. Forward passing ability. We'd like him to be able to throw both long and short. If he's just a good short passer, some other back may be used to throw the longer ones.
6. Running ability—though we don't like our qb to run unless instructed to do so. This takes a lot of the pressure off him. The fact that he doesn't have to decide whether or not to carry the ball greatly helps to obviate poor play calling. On the few occasions that we do have the qb carry the ball, it's purely as a surprise.

We start teaching our qbs in their sophomore year. We stress the word "teach" because it isn't what the scout or the coach knows that's important on Friday nights. It's what the qb has in his head.

We train him so that he'll never meet a situation on the field that he hasn't encountered in skull practice or on the practice field. We keep teaching and testing, teaching and testing, until our qbs can automatically respond to a situation without having to stop and think.

Since very few boys can think quickly and sharply in a tight spot, we want them to react instinctively—call the right play almost as a conditioned reflex. For example, if they know what to do, say, on the five-yard line against a gap 8, their



chances of calling a good play are much greater than if they had to think up a play on the spur of the moment.

We try to teach our qbs a little every day, and test them at least once a week in the office and on the field. Our three qbs (sophomore, junior, and senior) meet every day in my office for about 20 or 40 minutes. We cover the following phases in order:

1. We identify defenses. Our qbs must learn defensive football before learning our attack. We teach them to identify the 10 basic defenses shown in the diagrams through the use of a flash card system, very much in the manner of aircraft identification tests. We also have them study and learn another sheet of defenses that we call rare defenses, which we add to every year.

2. We teach general quarterback material (as shown in the accompanying table). We use this sheet with our junior highs, B teams, and A team, and discuss and test our quarterbacks periodically on it.

3. We study offensive football, including key blocking in the line, what every back does on each play, and pass patterns. The quarterbacks must be able to diagram all plays and passes.

4. We learn where to attack each defense. In the 10 basic defenses, the black squares show where to run and the lined ellipses where to pass. We've found this a very helpful aid, especially against a team using many different defenses. Though the indicated spot isn't always the weak point in the particular defense, it at least gives our qbs a starting point. Knowing where we'll start to try to hurt the

defense also aids our coach in the press box. In other words, *our qbs learn each basic defense and where to start both the passing and running attack.*

5. We have a written sheet, which we revise each summer, which includes (a) four plays and two passes against each defense; (b) two to four plays or passes against certain situations such as a rushing game against our passer, looping line, crashing linebackers, overshift, box defenses, tandem defenses; (c) plays that cannot be run against certain defenses or situations. We probably stress this list more than any other.

All of this material is given to our quarterbacks for study in the spring, though parts of it are revised each summer. With the start of fall practice, we give each quarterback a new quarterback book



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These stands are designed to fit real people. Chair-high seats allow spectators to sit in a natural, relaxed, untiring posture. Ample leg room eliminates "knee-in-the-back" crowding. And your view is not blocked by average size persons in the row ahead.

Many spectator safeguards are engineered into the improved Safway design. Premature closing is made impossible by a positive safety lock which operates automatically as each row of seats is drawn out. The rigid steel understructure with cross bracing is completely self-supporting. Seats are easy to enter and leave—there is no steep climbing.

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Safway Telescoping Gym Seats permit 'round-the-clock gymnasium use... for daily classes, spectator events and social affairs. Find out how you, too, can use your gym full-time...

Write for Bulletin 169—ask about our gym seats in your area.

Other Safway Advantages

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- **EASILY OPENED**—Ball bearing wheels at floor level and under seat supports insure effortless operation.
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and start testing him. Our new quarterbacks (sophomores) do very poorly on these tests, while our senior quarterbacks make 95 or better on all tests. We feel that tests build confidence, encourage study, and show the coach where more teaching is needed.

For the past three years, we've developed what we call a short list each week (for Tuesday practice) which we give our coaches and quarterbacks. We feel that this has helped our offense greatly. We include in this list a personnel sheet of our opponents, their weak and strong personnel, and the weaknesses in their defense.

For the past few years, we've tried to put our best blockers on the left side of our line. We find that most teams are weaker defensively on their right side, and hence we have run as high as 75% of our plays to the left—using our best blockers against their weakest personnel.

SPECIAL PLAYS

We also include in this list the two or three defenses most used by the opponents and the plays we'll run against each. We spend 75% of our offensive practice running these few plays against the specific defenses. We also try to guess any other defense they might use, and develop a short list of plays for it. Some weeks we change our basic split rule to prepare for a certain defense.

We try to do maximum coaching before we hit the field and as little coaching as possible on the field. This gives our players more time to execute what we've tried to teach them.

In this connection, we meet with our quarterbacks daily and give them a copy of our practice schedule. Included in this is what the quarterbacks should do in each drill. For instance, when we dummy against a certain defense, they should run certain plays; and if we have a passing drill, they should run certain passes. We've found that this gives us more time to coach the other players, and also gives our quarterbacks more confidence and knowledge of just what to do. In other words, when briefed beforehand, our quarterbacks will need little help on the field, thus making for a much speedier and better practice. This in turn, will develop the squad's confidence in their quarterbacks.

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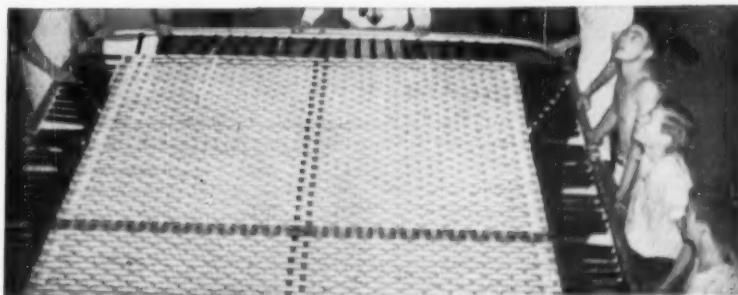
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Proposed New Method of Scoring Dual Gymnastic Meets

By OTTO E. RYSER, *Gymnastics Coach, Indiana University*

IN A PREVIOUS article in *Scholastic Coach*, "American Gymnastics in the Olympic Games" (December 1955), the author stressed the importance of increasing spectator interest in gymnastic meets and described a number of methods currently being used to effect this.

Among these ideas was that of keeping the crowd informed about the progress of the meet. This is a problem well worth detailed attention, for there just aren't enough gymnastics enthusiasts who understand the sport and can appreciate a dual gymnastics meet when run in the traditional manner.

The majority of spectators know little or nothing about how a meet is judged and scored. While a program annotation may help, it still won't give them the background necessary to fully appreciate the competition.

To these people, gymnastics has no identity as a competitive sport. It's merely a form of entertainment comparable to acrobatics on television. They may marvel at the strength, dexterity, and skill displayed. But this is just a passive form of enjoyment.

It fails to generate the excitement and tension produced by a closely contested basketball game, for example. Each point in such a game draws a chorus of cheers or groans.

In a swimming meet, the crowd gets a thrill out of watching two boys battle it out for first place. As first one and then the other goes ahead, the fans will thrill with excitement. They can feel the struggle and effort of the swimmers, and from this they derive a vicarious stimulation. The race needn't nec-

essarily be swum in particularly fast time, as long as it is close.

Almost every competitive sport contains the element of one team striving directly against another team or, in the case of individual sports, one individual competing directly against another. The competition can be seen clearly. There's an opponent—either a team or a person—to best. The audience enjoys the struggle, the determined effort.

This isn't true in gymnastics. Each man is out on the floor by himself. No one hinders his actions. The rivalry can't be seen. In a dual meet, six men have to perform—one at a time—before a winner can be determined.

By the time the last few have worked, the routines of the first ones have either been entirely forgotten or only vaguely remembered, and the spectators can't evaluate or compare the work. Therefore, the meet becomes more like an exhibition than a contest.

It's true that the field events in track meets have somewhat similar aspects. One man jumps or throws at a time, and nobody hinders his performance. There are these differences, however:

1. Each of the field events possesses definite, measurable standards of excellence.
2. The factor of elimination leaves only the best ones competing at the higher heights in the high jump and pole vault.
3. The bar represents an observable, definite obstacle to overcome.

When an athlete is approaching a new school or conference record, that fact is known. The crowd has

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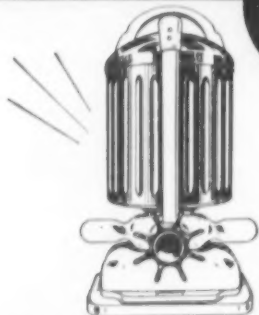
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a measuring stick with which to gauge his performance. They can compare his effort with that of someone else. The element of direct competition is evident. The on-lookers can see the competitor and the bar. They can tell whether the athlete wins by clearing the obstacle or whether he loses by knocking it off. All eyes are on the bar, and the result of the contest is immediately evident.

The element of competition is just as evident in other activities. It doesn't take an expert knowledge of running, swimming, wrestling, boxing, or football to discern their competitive aspects and become intensely excited at these events.

PERTINENT FACTORS

Most of the blame for the paucity of large, enthusiastic crowds at gymnastics meets can be placed on two factors:

1. The failure to provide an easily understood standard of comparison between individuals or between excellent, good, and fair performances; and

2. The lack of any clearcut feeling of competition.

While a person experienced in the field isn't bothered by these hindrances and can therefore enjoy the meet, they certainly represent huge blocks to the layman—upon whom the future of the sport rests. If the average sports enthusiast can't be drawn to gymnastics meets and stimulated enough to keep returning, then the sport simply isn't going to grow.

It would appear, then, that the problem in gymnastics is to hurdle the two aforementioned obstacles. It's felt that the following proposal to revamp the scoring system in dual meets constitutes a giant stride in that direction.

The plan itself is simple. The same idea is used in tennis. Each team will still enter three men in each event, but each man will be paired against a definite opponent from the other team.

The coach will be asked to rank his men in the order of their ability, with the best man last. Thus, the least proficient men of each team would compete with each other for one team point. The judges will determine the winner of the match as soon as the two men have finished. Then the next two men will compete, and finally the two best men will match skills. In this way, a team might score 3, 2, 1, or 0 points in each event, depending on the outcome of the individual matches.

Scoring the meet in this way has

several advantages. First of all, it heightens the feeling of competition. Smith is trying to beat Jones. No one else is involved.

Secondly, the results are immediately forthcoming. It isn't necessary to wait for all six men to finish to discover who won between Smith and Jones.

Thirdly, the team score can easily be followed and the fans can be constantly aware of the importance of each individual victory or defeat. If the score is close, every point will mean so much that each man's performance will create an atmosphere of suspense and excitement. A bad break will produce sighs of disappointment, while a well-executed routine will cause joy.

Fourthly, the standards of comparison are more easily dealt with. It's definitely simpler to compare the routines of two men than to appraise the routines of six men.

This last fact is of great importance to gymnastics. One of its biggest problems is the matter of trying to objectify judging. Many ideas have been tried and found wanting. This proposed system will reduce the judges' job to a matter of deciding between two routines. And where you have only two routines to contend with instead of six, surely the decision is bound to be much more objective.

The judges will only have to decide which is the better. The degree of difference will be unimportant. In rare instances, a judge may not be able to make up his mind between the two routines. At such times, he may score it a tie. If he does, and the other two judges split their votes for Smith and Jones, the match will be declared a draw. Each team would then receive $\frac{1}{2}$ point.

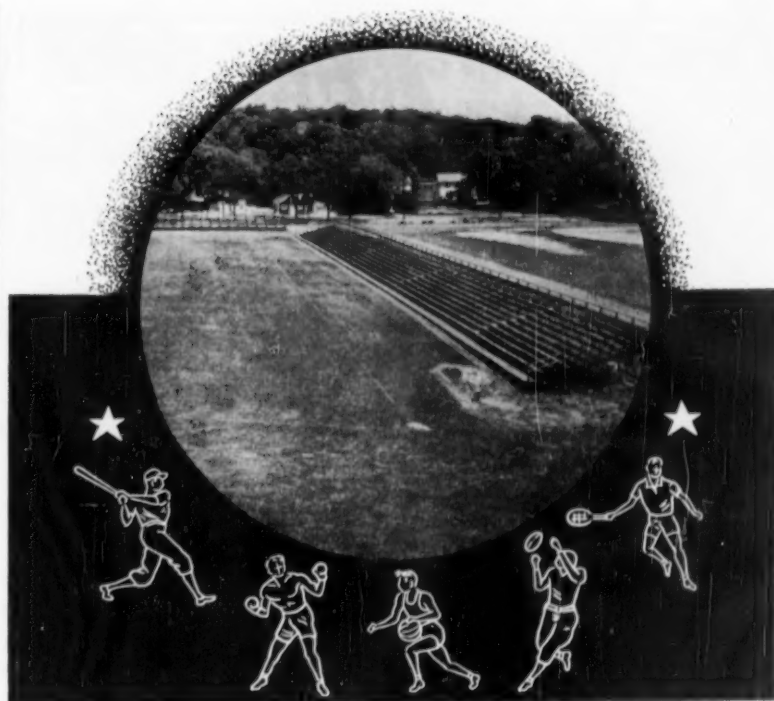
APPARENT WEAKNESS

As with most new ideas, some weaknesses are apparent. The first that comes to mind is the possibility (or probability) that some coach, intent on winning the meet, will juggle his lineup.

For example, he may pit his poorest man (No. 3) against the opponent's best (No. 1), hoping to trade one point for a possible two—inasmuch as he'll have his No. 1 man working against the opposing No. 2, and his own No. 2 man operating against the opposing No. 3.

A solution to this problem might lie in having the No. 1 match count three points, the No. 2 match two points, and the No. 3 match one point.

However, this might create another problem. Using this system,



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it'd be possible for a team with one very good man who's excellent in every event to at least tie an entire team made up of fairly good gymnasts. Some will argue so what—if that's the case, more power to him. Others may feel that since meets are team affairs, too much emphasis shouldn't be placed on individual stars.

A more cumbersome method of dealing with the problem would be to set up a seeding committee or go on past records. This, too, has its faults, as one man might improve materially during the season or a really good performer might have a few bad breaks and score low in one or more meets.

On the other hand, if there's any marked degree of difference in the abilities of the first and third men the stratagem would be too obvious to use. Perhaps it'd be wisest to trust in the integrity of the coaches. Since this method works in tennis, there's no reason why it shouldn't work in gymnastics.

REACTION OF GYMNASTS

So far we've considered only the spectators and the judges. What about the gymnasts themselves? How would the change affect them and what might their reaction be?

At first thought, it might seem to do them an injustice. A boy placed in the No. 2 position by his coach wouldn't have an opportunity to place first in the meet, as is now the case. We know that some athletes are more effective in competition than they are in practice, while others who do a beautiful job in practice fall to pieces in front of a crowd.

Thus, the one who was placed at No. 2 on the basis of his practice work-outs may score a point for his team but would lose the greater glory of winning first place in that event in the meet.

However, observant coaches will soon become aware of this situation and will place the boy who does the best job in the No. 1 spot. Anyway, there are the many championship meets—city, state, conference, and national—where the man-to-man competition won't apply, thus satisfying the craving for individual honors.

A marked advantage for performers under the new system lies in the simplified judging. There'll be much less chance of being placed unfairly due to incompetent judging. In practically every meet under the old system, one or more men wind up thinking they received a bad deal.

For example, two judges might award Jones a few more points than Smith, but the third judge might give Smith a distinct edge. When the scores are totalled, Smith might emerge the winner—despite the fact that two judges thought Jones was superior.

This can't happen under the proposed new method. Since the judging is more objective, it will reduce the dissatisfaction often connected with the outcome of a meet.

Finally, if this method of scoring dual gymnastics meets does succeed in increasing both the number and the enthusiasm of spectators, the participants will really have benefited. Certainly it's a lot more fun to compete before large enthusiastic crowds than it is to appear before a handful of apathetic onlookers.

When the audience is small, there's a tendency to feel that all the time and effort expended and the bruises and bumps sustained in hours and hours of hard practice simply aren't worth it.

This method of scoring has been tried once at Indiana University, and the comments (both solicited and unsolicited) of the spectators were decidedly favorable. The meet was scored both in the traditional manner and in the new, and the results then compared.

No material difference was noted. Neither team gained an advantage with the new system. The judges, competitors, and even the coaches seemed satisfied, and when you can satisfy coaches, you've got something!

Of course, further experimentation will have to be essayed. It's hoped that this article will stimulate others to try it with various modifications, and perhaps the result will be a really worthwhile contribution to the field of gymnastics—a great sport.

NEW KODAK FILMS

THE Eastman Kodak Co. announces the immediate availability of two 16-mm. Cine-Kodak black-and-white reversal films for sports photography, designed for processing by independent labs in most of the larger cities.

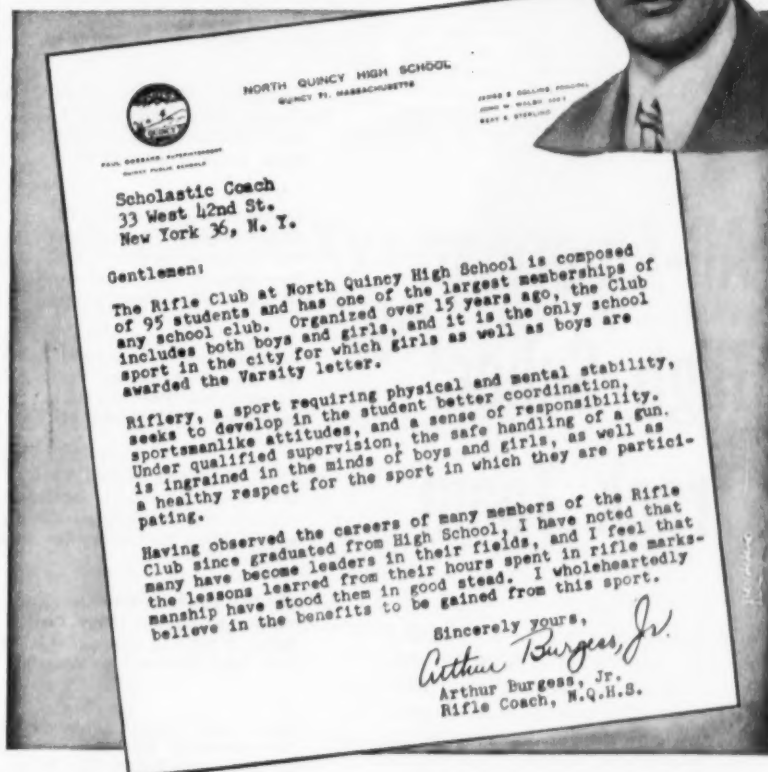
The change to film which can be processed locally will tend to give coaches much better service once the program goes into full operation. For this reason, Kodak will cease all special weekend processing service for black-and-white Cine-Kodak film. Kodachrome Film processing by Kodak will be available this fall.

Further information may be obtained by writing Sports Film, Eastman Kodak Co., Rochester, N. Y.

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All-American High School Track Team

● No fewer than ten national record breakers are included in *Scholastic Coach's* sixth annual four-deep All-American. The 53 selectees represent 19 states, with California as usual leading the parade. The Golden State supplied 16 squad members, followed by Texas with 5, Illinois with 4, and New Jersey, Pennsylvania, and Ohio with 3 each.

Consistency of performance rather than a single outstanding effort furnishes the basis for selection. In the listing, no effort is made to rate the boys 1-2-3-4. The four most consistent performers are simply arrayed in alphabetical order.

Honor man on the squad is Willie White of Jefferson, Los Angeles, who placed in both the 100 and low hurdles.

1956

	Best Mark
100 YARDS	
Hodges Broussard (Hebert) Beaumont, Texas	9.5
Sebert Dant (Alpena) Mich.	9.7
Al Phillips (Montclair) N. J.	9.5
Willie White (Jefferson) Los Angeles, Calif.	9.5
220 YARDS	
Mel Barnwell (Boys) Brooklyn, N. Y.	21.3
Dick Edmunds (Glens Falls) N. Y.	21.0
John Lattimore (Phillips) Chicago, Ill.	20.9
Bob Poynter (Pasadena) Calif.	20.8
440 YARDS	
Henry Dorsey (Berkeley) Calif.	47.4
Dick Hambright (Tyrone) Pa.	48.7
Rudy Smith (Roger Ludlowe) Fairfield, Conn.	48.7
* Jerry White (Corcoran) Calif.	46.7
880 YARDS	
Tommy Carroll (Fordham Prep) Bronx, N. Y.	1:54.7
Charles Rosemond (Ysleta) Texas	1:55.5
Jerry Siebert (Willits) Calif.	1:53.8
Mike Smith (Freeport) Ill.	1:56.1
ONE MILE	
* James Bowers (DeKalb) Ill.	4:16.1
Cliff Cushman (Grand Forks) N. D.	4:21.4
* Ron Gregory (Sumner) St. Louis, Mo.	4:19.1
Ron Larriou (Palo Alto) Calif.	4:20.1
Don Luisi (Rockland) Mass.	4:21.5
120 YARDS HIGH HURDLES	
* Donald Beard (Thorndale) Texas	13.9
George Hearn (Lower Merion) Ardmore, Pa.	14.4
Hayes Jones (Pontiac) Mich.	14.3
Ray Spivey (Montclair) N. J.	14.4
180 YARDS LOW HURDLES	
Mike Kleinbans (Solon) Ohio	19.1
Dick Mace (Technical) Indianapolis, Ind.	19.0
William Martin (Phillips) Chicago, Ill.	18.9
Willie White (Jefferson) Los Angeles, Calif.	18.9
HIGH JUMP	
Charles Lewis (Yates) Houston, Texas	6-5 $\frac{1}{4}$
* Walter Mangham (New Castle) Pa.	6-9 $\frac{3}{4}$
Howard Nourse (Springfield) Ohio	6-6 $\frac{1}{4}$
Bob Sims (Jordan) Los Angeles, Calif.	6-7
POLE VAULT	
* Jim Brewer (North) Phoenix, Ariz.	14-3 $\frac{1}{2}$
Tim Helms (El Dorado) Placerville, Calif.	13-6
Bill Logan (El Cajon) San Diego, Calif.	13-6
Jim Matjeka (Sequoia) Redwood City, Calif.	14- $\frac{1}{2}$
BROAD JUMP	
* Oscar Bean (Jefferson) Los Angeles, Calif.	25-4 $\frac{1}{2}$
Leonard Fawcett (Reagan) Houston, Texas	23-11
Donald Troutman (Roanoke) La.	24-11
Richard Walton (Fremont) Los Angeles, Calif.	24-5 $\frac{1}{2}$
SHOT PUT	
* Donald Davis (Canoga Park) Los Angeles, Calif.	62-7 $\frac{1}{2}$
Russ Garriott (Hobart) Ind.	59-9 $\frac{1}{2}$
* Ray Locke (Barrington) R. I.	62-7 $\frac{3}{4}$
* Homer Robertson (Pacific) San Bernardino, Calif.	63-9 $\frac{1}{2}$
DISCUS THROW	
Dick Cochran (Brookfield) Mo.	172-8 $\frac{1}{2}$
Wayne Crow (Corcoran) Calif.	179-6
Brian Nichols (North St. Paul) Minn.	172-4
Ken Scarborough (McDonald) Ohio	184-2 $\frac{1}{2}$
JAVELIN	
William Alexander (Bothell) Wash.	198-11
Carl Ayres (Collingswood) N. J.	201-3 $\frac{1}{2}$
Ken Barber (McPherson) Kans.	207-4 $\frac{1}{2}$
Therle Connor (Hayden) Topeka, Kans.	209-3 $\frac{1}{4}$

* Better national interscholastic record

 ★ THE 1956
 ★ ALL-AMERICAN
 ★ H. S. TRACK TEAM
 ★ *****

THE sixth annual edition of *Scholastic Coach's All-American Track and Field Squad* shows its usual roster of Californians (16 to be exact) plus 37 other worthies from 18 states who proved their abilities last spring.

Further fame will come to many of these boys, for no less than 17 of our previous selectees will represent the United States in the Olympics this fall!

Former *Scholastic Coach* honor men favored to win Olympic crowns this year include such stalwarts as Bobby Morrow, Charlie Dumas, Rafer Johnson, Milt Campbell, Glenn Davis, and Eddie Southern.

Outsiders for titles are: Ira Murchison, J. W. Mashburn, Benny Garcia, Charley Jenkins, Al Oerter, Phil Reavis, Bob Lawson, Max Truex, Don Bowden, Leamon King and Bill Nieder.

Most illustrious of our high school honor squads was the 1954 group, which rostered nine future Olympians! Last year's group gave us Dumas and Southern!

Two members of the 1956 crop had good shots at Olympic berths. Jerry White of Corcoran, Calif., the new national 440-yard record holder, reached the finals of the 400 meters at Los Angeles, but barely failed to make it in the fastest race ever run at the distance. Don Troutman of Roanoke, La., a broad-jumper on our team, reached the finals of the hop-step-and-jump. He'll be heard from since he's only a junior in high school and a great all-around man.

Willie White, another of those famous Jefferson High boys (Los Angeles), tried for a 100-meter berth, but the company was too fast (three world record holders). White is the only man to make the 1956 squad in two events—100 and 180-yards hurdles.

Al Phillips of Montclair, N. J., was at last report a citizen of Jamaica, B.W.I., and was invited to compete on the National squad which has featured some of the greatest runners known. Phillips, our understanding is, can compete without a tryout, but may forego the opportunity in order to enter a college in the U. S. His 9.5 hun-



Shower Room, North of the River High School, Bakersfield, Calif. Architects: Alford & Thomas. Bradley Column Shower Units are placed in open area. 5-Shower Column Units, and (against walls) 3-Shower Units. 34 can bathe simultaneously. Tile furnished by Gladding McBean Tile Co.

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dred on a very slow track was outstanding.

Our nomination for the most versatile athlete goes to Cliff Cushman, a miler from Grand Forks, N. D., with a 4:21.4 clocking. In the state meet this year, Cliff won the high hurdles in 14.4, low hurdles in 19.3 (both clockings made him a serious contender for berths in those events), and captured the 880 and broad jump as well! Only a four-event limitation prevented him from entering the mile and possibly the sprints and high jump. His splendid 4:21.4 mile was run at Aberdeen, S. D., three days before the state meet.

We've assumed a bit of poetic license in selecting five milers to make room for Don Luisi of Rockland, Mass., (4:21.5) who proved competitively that he was the best in the entire East. He won all his races—indoors and out.

Two milers, Jim Bowers of DeKalb, Ill., and Ron Gregory of St. Louis, lowered the one-year old national record, with Bowers' 4:16.1 indicating that schoolboys will soon be down around 4:10.

We added Rom Larrieu of Palo Alto, who ran 4:20.1 with a 55 second final quarter, and simply couldn't leave off Cushman who competed in an area where no one could push him.

SEVEN NEW RECORDS

Seven national records were broken during the year, and the boys who broke them are listed with an asterisk. Though two of them—the broad jump and high hurdles—were not accepted by the National Federation because of unsatisfactory conditions, the performers still deserve their high ranking.

There are six repeaters from the 1955 squad—Jerry White; Walt Mangham, the New Castle, Pa. breaker of Dumas' national record; Jim Brewer, North Phoenix's fabulous junior vaulter; Ken Barber in the javelin; Mel Barnwell, Brooklyn Boys' powerhouse sprinter; and Hodges Broussard, the Texas Negro school sprint champion. Brewer made the team as a freshman and next season should be his fourth!

Four other boys on last year's squad were eligible again, but did not make it. Billy Cannon of Istrouma, La., was a 100 and 220 man in 1955, but he suffered a muscle pull early in the season and was unranked for insufficient data. Cannon, it should be added, tossed the shot over 57 feet and just failed in that event. Honors are not lacking for this boy. He was an All-Ameri-

(Concluded on page 93)

Sustained Attack Soccer

(Continued from page 20)

now of the extra pressure from fullbacks which so often was his lot when backs could leave the wings and come to the rescue of the center half.

Though the man-to-man situation still exists, the balance of power is now on the side of the offense—no longer with the defense, as occurred when three-back defenders faced the traditional "W" attack.

Another big advantage of such a style of play lies in the fact that wing halves have more opportunity to create close support behind the ball on their own side of the field and fullbacks can support them, in turn. The backs will often be able to move with the ball close to the vulnerable penalty area, and deliver it to either the deep forward or to a wing or inside.

The pattern of play will almost never employ the cross, which was an integral part of the older game, but will depend, like modern basketball, upon an in-and-out movement of the ball to a deeply positioned pivot.

POSSESSION IS ESSENTIAL

Possession of the ball is necessary in order to score, and there's no security in passing the ball through or over one or more defensive positions. Wing halves will find themselves advantageously placed to call for back passes, while fullbacks, more often than before, will enjoy the same freedom.

In essence, there'll always be three or more attacking players potentially capable of handling the ball when it's under the control of a forward, for wingmen should be backed by half and fullback while the deep center forward will be within easy passing range.

As shown in **Diag. 3**, open spaces A, B, and C are now well filled, and offensive backing is possible two and three deep at points across the field. With this offensive backing, attacks can be sustained to the point of overwhelming the defense.

While it's true that a team using these methods will find some difficulty in defending its own lines unless its player units are capable of above-average speed, it must be emphasized again that the play is no longer in favor of the defense, or even equal, and a team with an offense geared along these lines

should be generally successful.

A team that adopted this system last year increased its scoring by half! It's interesting to note that of 51 goals scored, the center (a player of exceptional speed) accounted for 12, the insides garnered 14 and 13 apiece, while the outsides shared in scoring 11.

If there's one factor that will add

to the interest of the uninitiated spectator, it is scoring. The 0-0 game is notoriously boring, while contests which end 6-4 or 7-3 will do much to publicize the sport. Coaches aware of this fact are presenting their players and followers with the new game.

And now we hear that South American coaches are further experimenting with traditional soccer to the confusion of visiting international teams. It's to be hoped that all our coaches everywhere will realize that such advances breathe excitement and interest, and are limited only by the inventiveness of the coaching mind.



One of the largest mechanical folding bleacher installations ever designed and installed anywhere. Here is the actual installation (not an artist's conception) as completed in the new multi-million dollar high school in Vancouver, Washington. These bleachers are opened and closed by school personnel without the use of electrical or mechanical devices.

BERLIN EZ-A-WAY Bleachers

In this installation, note the enclosure of seats in nested position that permits no space for dust or other debris to collect when the bleachers are not in use. A slight slope of the bleachers in the closed position eliminates the optical illusion of the bleachers falling forward when in closed position. Here you see massiveness yet simplicity of under-structure that guarantees safe and comfortable seating as well as perfect vision for all spectators due to special rise use.

TRUE FLOATING ACTION—In BERLIN EZ-A-WAY Bleachers no devices or interdependent parts are involved. A slide arm arrangement with tolerances is designed for assured ease in operation . . . no possibility of mechanical complications. There is ample space available under forward seat board and riser board without an obstacle of any type to mar shoes . . . no connecting angle iron, nuts, or bolts in this "foot stretch" area exposed. There are no springs, retractable wheels or other mechanism involved in BERLIN EZ-A-WAY Bleachers . . . no vertical support members ever come into contact with the floor as the entire unit is carried by 4" diameter x 2" wide, no-marking rubber wheels. This feature eliminates the possibility of floor marking or scarring due to a possible mechanical failure of retractable type wheel construction. Write today for complete details.

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Wheels do not retract or otherwise change position entire unit is carried by these 4" diameter x 2" wide no-marking rubber wheels.

Close-up of BERLIN EZ-A-WAY Mechanical Folding Bleachers showing efficient design



True floating action is illustrated here—no devices or interdependent parts involved.



"Foot stretch" area (close-up) note there are no connecting angle iron, nuts, or bolts exposed.



COACHES' CORNER



Please send all contributions to this column to Scholastic Coach, Coaches' Corner Dept., 33 West 42 St., New York 36, N. Y.

NOW in his third season as head man at Michigan State, Duffy Daugherty is firmly ensconced as a mastermind and a wit par excellence. One day he received a letter addressed to "Duffy the Dope."

"Didn't that make you mad?" he was asked.

"I didn't mind getting the card," he replied. "It was pretty funny. The thing that bothered me was that the East Lansing post office knew exactly where to deliver it."

When it came to complimentary tickets, Knute Rockne was a tough nut to crack. It took ingenuity to disgorge any Annie Oakleys out of him. One afternoon Joe Savoldi, the great full-back, braced him for a couple of ducats.

"How about two for Saturday," Savoldi asked, a twinkle in his eye.

"Relatives?" Rockne asked.

"No, tickets," Savoldi replied.

The Earl of West Point, Red Blaik, is becoming the king of head-coach developers. Look at some of his assistants who've gone on to bigger things: Andy Gustafson (Miami), George Blackburn (Cincinnati), Paul Dietzel (LSU), Stu Holcomb (Purdue), Sid Gillman (L.A. Rams), Chief Boston (New Hampshire), Murray Warmath (Minnesota), Johnny Sauer (The Citadel), Bob Dobbs (Tulsa), Paul Amen (Wake Forest). No finer tribute could be paid to a grid genius.

How much does it cost to field a big-time college football team? Get a load of the facts and figures on the nation's No. 1 club, Oklahoma, last year.

The salaries of the coaching staff came to \$70,600. The team gobbled up \$26,645 of victuals. Athletic scholarships to the players retailed at \$746 a head. It cost \$21,560 to publicize the team, \$1,748.83 to operate the press box at home games, \$10,602.04 to print and distribute the tickets, \$3,819.40 to

pay the officials, \$971.38 for the ushers, \$1,000 to put the band on the field, and \$2,258.68 to send the tooters to Dallas for the Texas game. The Sooners started with 100 footballs (at \$25 per) and lost 67 of them. Game uniforms cost \$104.87 each, practice suits \$86.72.

All in all, it cost \$185,680 to field this magnificent aggregation. But, wait, don't start taking up a collection for the poor Sooners—the boys came up with a profit of \$652,459!

An admirer jokingly asked Rocky Marciano who he thought would ever beat him. Marciano seriously replied, "The fellow who comes along who can outbox and outthit me."

"What are you going to do when he comes along?"

"Sign him up," clipped Marciano, "and manage him."

The fellow came into the book store and asked for a manual on the manly art of self-defense.

"We have a book," said the salesman, "by James J. Corbett, who used to be heavyweight champion. He knocked out John L. Sullivan and never lost a fight until he was knocked out by

Bob Fitzsimmons. Would you care to see the book?"

The customer hesitated, then replied, "Have you a book by Bob Fitzsimmons?"

The spirit of the rejuvenated Pittsburgh Pirates is best exemplified by Eddie O'Brien. Rarely does Eddie get into a ball game. And when he does, it's usually as a pinch runner. But Eddie never permits this to get him down.

Earlier in the season, manager Bobby Bragan sent him in to run for Dick Cole. Eventually he scored a crucial run and in the dressing room he strutted around proud as a pouter pigeon.

"I finally made the grade," he grinned. "Now I know that outside of Wes Santee I'm the only professional runner in the country."

Back in the days when Casey Stengel was managing the dreadful Braves, the Boston park was a huge prairie where the pitchers threw down the middle, the batters hit fly balls, and the Braves usually lost in an hour and a half or less. So Casey called a meeting.

"Now, boys," he said, "I know you're doing the best you can, and I'm not complaining about losing. But, gee, couldn't you take a little longer doing it?"

When umpire Frank Tabacchi came into the American League, Senor Al Lopez, Cleveland manager, was warned not to call him any Spanish names. "This fellow spent 10 years in Latin American countries and also studied Spanish," Lopez was told.

"So what?" Lopez snorted. "I always tell off the umps in English. It's more fun when they understand."

Win, lose or draw, John Landy rates tops in our book. The great Australian runner is a Sportsman with a capital S. The following story illustrates the kind of fellow he is. Just before coming to the United States back in May, Landy ran in the Australian cham-

This fellow was just an awkward freshman fullback at Adelphi College when he posed for this picture in our Sept. 1952 issue. Four years later—as a fearsome 225-lb. tackle—he was voted the top lineman in service football. Yup, it's Don Deskins, pride of the Hawaiian Marines, for whose future services all the pros are madly bidding.



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SMALL—MED.—LARGE—EX. LARGE

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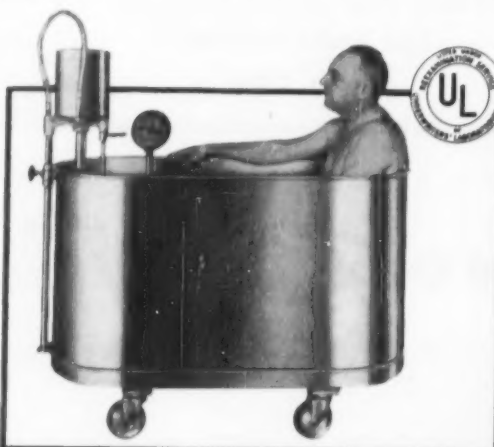
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Silent-running, simple to operate, stainless steel construction DAKON Whirlpools have been accepted and praised by hundreds of high school, college and professional teams for more than a quarter of a century. DAKON Whirlpools features, in a single mechanism, an efficient electric turbine ejector, aerator and drainage system, controlled by a patented valve assembly—a half-turn converts from ejection to drainage in seconds! Permanent automatic lubrication keeps maintenance to a minimum!

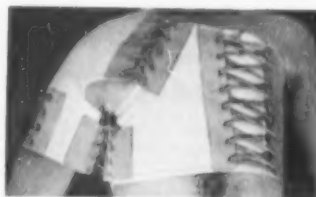


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plonships. He was well on his way to a new world record in the mile, when a fellow runner tripped and fell 580 yards from the finish.

Now here was Landy with the championship of his country in his grasp... with a new world record only 580 yards away... with an Olympic Game berth at stake. And what do you think he did? He stopped dead in his tracks and started to help the fallen runner to his feet!

The runner waved him away. "Get going, John," he begged. "See you later. Don't worry about me." And Landy got going. He made up the 30 yards he had lost and won in the great time of 4 minutes 4.2 seconds.

Franz Stampfl, the Austrian coach who trained Roger Bannister to the first four-minute mile, said, "It was the most gallant action I've seen in a lifetime of athletics." And the 20,000 fans agreed. They roared their esteem when Landy appeared in the winner's circle for his medal.

In reply to our request for outstanding football coaching records, Dick Stedler of the *Buffalo Evening News* puts in a claim for Johnny Barnes of Canisius H. S., Buffalo, N. Y. In his 25 years of coaching, Johnny's elevens have won 205, lost 31, and tied 11 for a smashing .869 winning percentage.

Johnny is one of the handful of coaches with over 1,000 victories to their credit. His basketball clubs have won 351 and lost only 20, and his baseball teams (including American Legion ball) have chalked up over 450 triumphs.

One of the twosome was a par golfer, the other a rank duffer. To even up things, the par golfer gave his friend a stroke a hole. The duffer began playing over his head and with his one stroke advantage was able to tie or beat his partner on quite a few holes.

The ninth hole proved to be a short one—a 175-yarder. The good golfer stepped up, swung his club briskly, and hit a beauty. The ball hit the green, bounced twice, and rolled into the cup. A hole in one!

"Boy," he chortled, "just try to beat that!"

The duffer stood there, scratching his head. Suddenly his face lit up. "I win this hole!" he announced.

"Are you crazy?"

"It's my hole," he repeated.

"How come?"

"I claim my stroke—and that gives me a hole in nothin'!"

The veteran caddies at St. Andrew, Scotland, are famous for their dignity and wisdom. One of them, a veteran of some 70 years, was once carrying the bag of an obnoxious duffer who insisted on blaming him for all his troubles. The old caddy remained aloof, suffering in dignified silence.

On the 16th hole, the duffer lost his ball in the woods. Turning to his partners, he remarked, "I believe I've drawn the worst caddy in the world."

At this, the veteran caddy finally spoke, "Oh no, sir," he said, "that would be too great a coincidence."

Nobody in either his right or wrong mind can ever accuse Granite City (Ill.) H. S. of not cooperating with the Olympic effort. In seeking ways and means of aiding Uncle Sam's athletes, the G. C. Lettermen's Club came up with the unique idea of an "Olympic Fund Shoe Shine Drive." The boys set up stands on every busy corner and for two days polished and brushed like crazy. The nice passers-by paid anywhere from two bits to five bucks for the service. Result: \$102.97 more for our Olympians!

Football coach Keith Parker and athletic director Dick Yates are mighty proud of the kids in their club.

Any of you coaches looking for some rare old issues of *Scholastic Coach* should contact Ed Boell at Palm Beach H. S., West Palm Beach, Fla. Ed has a lot of rare copies dating from Sept. 1933 through Sept. 1952 which he's willing to sell at cost (25¢ each). Each of the first four volumes, dating from 1933 to 1937 are bound, and Ed is ready to let them go at cost.

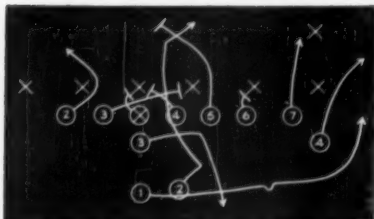
That 1951-52 McClymonds H.S. five of Oakland, Cal., was really a fame producer. It gave the sports world both Bill Russell, brightest of the All-Americans, and Frank Robinson, a cinch to be the big league rookie of the year for 1956.

Multiple Offense

(Continued from page 38)

On the indirect series, the same backfield rules apply with one exception—the ball-carrier must fake with the head and body. If fast enough, he can fake a step to the right or left, depending upon which side of center the play has been called. On 4, 5, 6, or 7, for example, he'll fake right. On 3 and 2, he'll fake left. This applies to all series in which the qb handles the ball.

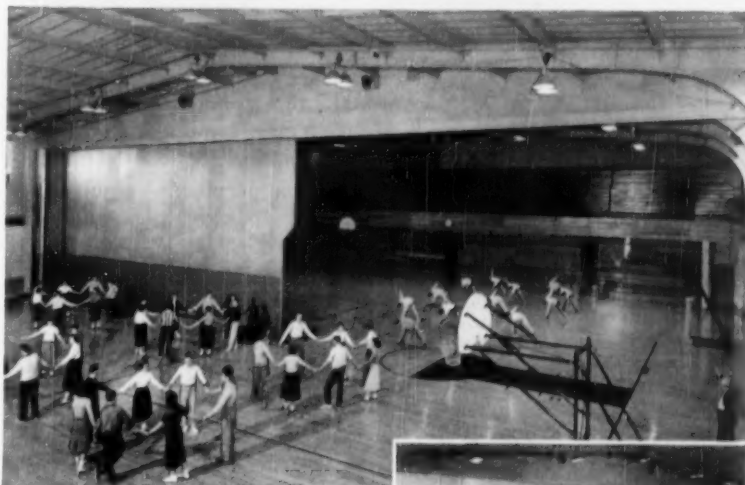
The diagram shows the fullback indirect dive at 5.



In the spinner and triple-spinner series, the spin—half or full—accomplishes the same result. The ball-carrier must delay just long enough to hit the hole off the tail of the trapper or cross-blocker.

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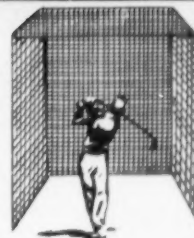
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NEW BOOKS ON THE SPORTSHELF

- **WEIGHT TRAINING IN ATHLETICS.** By James A. Murray and Dr. Peter Karpovich. Pp. 214. Illustrated. Englewood Cliffs, N. J.: Prentice-Hall, Inc.

ONCE the horrid stepchild of athletics, weight lifting has become a highly respectable integral of the training program. Athletes such as Parry O'Brien, Bob Backus, Bob Richards, Bob Feller, and many others have discovered that training with weights offers the best shortcut extant to muscle building, stamina, and agility.

In this thoroughly authoritative guide, two outstanding authorities in the field present all the up-to-date information on the subject. First, they offer the physiological and medical aspects of weight training. And then they show exactly how weight training can be successfully applied in the various sports (football, basketball, baseball, track and field, and many of the minor sports).

The book is beautifully organized and exceptionally well-written. Coaches will find it extraordinarily useful in their conditioning programs.

- **SCHOOL HEALTH PRACTICE.** By C. L. Anderson. Pp. 560. Illustrated. St. Louis, Mo.: The C. V. Mosby Co. \$4.75.

THE *what, how, and why* of the functional school health program is thoroughly and practically explored in this self-contained textbook. The author, professor of hygiene and health education at Oregon State College, presents a clear, unified, composite picture of school health designed to serve the pre-professional and in-service health preparation needs of teachers.

The book is organized in six main sections. Part I, "The School Age Child," covers health, physical development, emotional development, departures from the normal. Part II covers the "Organization of the School Health Program," and Part III the "School Health Services," such as appraisal aspect, preventive aspects (communicable disease control, safety, emergency care, first aid), and remedial aspects.

Part IV, "Health Instruction," embraces foundations, elementary school, junior high, senior high, and health contributions of high school subject fields. Part V covers "Healthful School Living" and Part VI elaborates on mensuration in school health practice.

Extremely valuable appendixes offer helpful materials on resources in health instruction, record and report forms, evaluation scale, and survey of healthful school living.

- **FRANZ STAMPFEL ON RUNNING.** Pp. 159. Illustrated. New York: The Macmillan Co. \$3.

ONE of Great Britain's greatest track coaches, Franz Stampfl is the man who's played such a conspicuous role in the success of Roger Bannister, Chris Chataway, Chris Brasher, and other sterling English runners.

In his excellently prepared book, he covers every aspect of preparation for sprint, middle distance, and distance events (up to six miles). He describes in detail: style, tactics, calisthenics, diet, daily training schedules, equipment, and mental conditioning.

Running coaches will find his book invaluable.

Miscellaneous

- **Personal and Community Health (10th Edition).** By C. E. Turner. Pp. 660. Illustrated. St. Louis, Mo.: The C. V. Mosby Co. \$4.75. (A magnificent all-around text that presents the essential, current-day knowledge of personal and community health within available time and space limitations and with enough underlying science to clarify and support the health teaching.)

- **Better Golf in 5 Minutes.** By J. Victor East. Pp. 202. Illustrated. Englewood Cliffs, N. J.: Prentice-Hall, Inc. \$3.95. (A superbly practical and simplified method of improving your golf game by one of the country's outstanding teachers.)

- **Educational Competition.** By Roy Bedichek. Np. 501. Austin, Tex.: University of Texas Press. \$6.50. (The history of the University Inter-scholastic League of Texas plus a magnificently thorough examination of competition as an educational force.)

- **The 1956 National Prep Football Magazine.** Edited by Kurt W. Lenser. Pp. 80. Illustrated. Alhambra, Calif.: Prep Football Magazine. \$1. (State-by-state resumes of the 1955 grid season plus other absorbing features.)

- **1956-57 Seal-O-San Basketball Coaches Digest.** Produced by Huntington Laboratories. Free to coaches, 50¢ others. (A magnificent compendium of the best technical basketball articles appearing in *Scholastic Coach* and other coaching magazines last year.)

- **Swedish Drill At a Glance.** Pp. 46. Illustrated. New York: Soccer Associates. 25¢. (A handy booklet listing 18 progressive tables of exercises aimed at working all the muscles in a systematic and natural manner. Available from Soccer Associates, 10 Overlook Terrace, New York 33, N. Y.)

- **1956 Official NCAA Football Guide, 1957 Official NCAA Basketball Guide, 1956 Official NCAA Soccer Guide,** \$1 each. (Rules, records, schedules, etc. from National Collegiate Athletic Bureau, Box 757, Grand Central Station, New York 17, N. Y.)

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• **1956 Olympic Handbook.** By D. H. Potts and R. L. Quercetani. \$1.50. (Published every four years, this superb guide lists the complete records and the 150 best performers of all-time in each event.)

• **Hammer Throwing Handbook.** By Ray Greenleaf, Cliff Larrabee and Dave Batchelor. Pp. 140. Illustrated. \$2. (Most complete statistical work ever published on a single event. Goes back to 1860 and lists every conceivable type of record, best performers lists, etc.)

• **1956 AFTS Annual.** \$1.25. (Completely covers the 1955 track season, with complete national records, all-time list, women's section, indoor section, photos, and articles.)

The last three guides may be ordered from Track & Field News, Box 296, Los Altos, Calif.

• **Let's Go Shooting.** Free. (A lively guide to rifle shooting, prepared in comic form by Remington Arms, replete with interesting games, puzzles, and authoritative instructional material. Copies for your entire rifle squads may be obtained through Remington Arms Co., Bridgeport 2, Conn.)

• **The 1956 Annual Six-Man Football Magazine.** Edited by C. J. O'Connor. Pp. 64. Illustrated—photos and diagrams. Baltimore, Md.: C. J. O'Connor. \$1. (Features reports, records, and excellent instructional articles.)

• **Sports Injuries Manual for Trainers and Coaches.** By Donald F. Featherstone. Pp. 132. Illustrated. New York: Philosophical Library \$6. (Guide to the prevention and treatment of common athletic injuries by one of Great Britain's outstanding physiotherapists.)

AVAILABLE LITERATURE

• **Manual on Sweeping and Mopping Floors.** Perfect for gym floor maintenance men. Check "Huntington Labs." listing in master coupon on page 95.

• **1956-57 Fall and Winter Catalog of equipment for 13 seasonal sports.** Write to Kennedy Sporting Goods Mfg. Co., 524 Catherine St., Utica 2, N. Y.

• **Padlock Catalog.** Shows actual size illustrations of Master's complete line. Write to Master Lock Co., Milwaukee 45, Wis.

• **Manual "Scotch" Plastic Tape.** Shows 8 ways equipment can be protected, repaired, reinforced. Write Minnesota Mining & Mfg. Co., 900 Fauquier St., St. Paul 6, Minn.

• **Trampoline Owners' Manual.** Details on assembling, folding, and caring for equipment. Check "Nissen" listing in master coupon on page 96.

• **Physical Fitness Equipment Catalog.** Complete line of playground and gym apparatus equipment. Write to Pioneer Wagon Works, Owosso, Mich.

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Easy and simple to operate, it consists of a four-power scope set up as the front end of the chain that can be turned 90° or 180° to check the correct alignment of the field in relation to the position of the ball.

When a measurement is called for, it's unnecessary to run out on the field—sometimes clear across to the other sideline—with the poles and laboriously measure the distance. All the head linesman has to do is take a quick sighting through the scope. If the ball is touching or crossing the fine hair line on the scope, presto! it's a first down. The operation is as simple as that and 100% error-proof.

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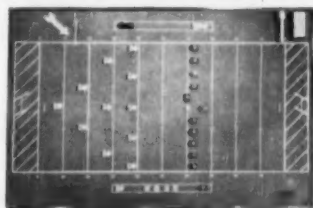


It can also be used to check the lining of fields, since it catches all deviations from the straight and narrow. It quickly tells you whether the lines have been drawn straight and parallel to each other, at the proper right angle to the sidelines.

Over the past two years, the "Pere-Scope" has made over 400 decisions—all accurate and unquestioned, has caught innumerable errors in line marking, and has saved almost five minutes a game by eliminating the necessity of running out with the chains.

That's an All-American performance and bodes well for the future of this remarkable measuring device.

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PM-200 (Size 24" x 36")

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Make skull sessions pay big new dividends with PLAYMASTER®. Movable magnetic player pieces sharply reduce chalk-talk diagramming—Plan better plays AT ONCE! See your Sporting Goods Dealer or write:

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Develop a Functional ATHLETIC COUNCIL

TO ASSURE a smooth, efficient, and wholesome athletic program, some sort of policy-making and governing agency is essential. This body, when organized on a broad and democratic basis, enables the entire athletic administrative staff to pool their efforts in promoting the general welfare of the students.

Let's see how an Athletic Council can be organized in a functional and democratic manner. The organization resolves itself into the following areas:

1. Authorization and Purpose.
2. Organization and Membership.
3. Officers and Voting Privileges.
4. Meetings.
5. Business.
6. Authority and Responsibility.

AUTHORIZATION AND PURPOSE

After periodic consultations with the superintendent, principal, and staff on the advisability of having an Athletic Council, board of education approval is needed. Once this need has been established, the superintendent and his staff, namely, the director of physical education, should prepare a report for the board. The superintendent's statement should contain the following:

"An Athletic Council, established and regulated by board of education resolution, shall meet regularly with the principal of the high school for the purpose of offering constructive suggestions to improve the program of physical education and athletics.

"The Athletic Council shall consider for approval routine business matters pertaining to high school athletics. It shall devise proper ways and means of maintaining student and citizen interest in the program, and it shall maintain records of pertinent information relating to this program through the office of the secretary.

"It shall study the plans and recommendations of the director of physical education for the improvement of physical education and athletics. It shall make regular written reports to the superintendent of

schools. It may suggest to the superintendent and the board of education any changes in the physical education program which are considered to be in the best interest of the school."

ORGANIZATION AND MEMBERSHIP

The materials for organization should be developed in the spring, approval by the Board of Education in June, and formation of the Athletic Council in September. Membership should include: Principal, Faculty Manager, Director of Physical Education for Boys (who shall represent the Superintendent of Schools whenever the latter is unable to attend meetings), Director of Physical Education for Girls, all Varsity Coaches and Physical Education Teachers, President of the Student Athletic Association, Equipment Custodian, and School Physician. (The Captain of each Sport may serve on the Council during that sport season upon the recommendation of the coach and principal.)

The superintendent of schools is a member of the Athletic Council ex-officio, and observers from the Board of Education are always welcome at the meetings.

OFFICERS AND VOTING PRIVILEGES

All members shall have full voting privileges. The principal shall be the chairman of the Council, the faculty manager shall be the treasurer, and the director of physical education shall be the secretary. These men shall be the permanent officers of the Council. In the absence of the chairman, those present shall elect a chairman pro-tempore.

MEETINGS

Regular meetings of the Athletic Council shall be held each month during the school year at the Senior

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High School. Special meetings may be held at the call of the chairman or the director of physical education.

Written notices of all meetings shall be forwarded by the secretary at least 24 hours before each meeting.

During the summer months, or in an emergency, the permanent officers will constitute an executive committee which may act for the Athletic Council. All actions of the executive committee shall be reported for approval at the next regular meeting of the Athletic Council.

Quorum: Six members of the Athletic Council shall constitute a quorum for the conduct of the regular business. A majority of those present and voting may transact the business of the Athletic Council.

Agenda: The agenda for each meeting shall be prepared by the principal and secretary, and shall be sent to all Council members prior to the meeting.

Order of Business:

1. Call to order and roll call.
2. Secretary's report (minutes of previous meeting).
3. Treasurer's report of Athletic Fund and approval of bills.
4. Report of special committee.
5. Old business.
6. New business.
7. Adjournment.

BUSINESS

The routine matters and athletic problems that shall normally receive Athletic Council consideration include:

1. Policies adopted by the board of education.
2. Schedules for athletic contests.
3. Contracts for games to be played.
4. The annual budget.
5. Facilities and equipment for physical education and athletics.
6. Awards and rules for awards.
7. Officials.
8. Athletic injuries, insurance, etc.
9. Control, conduct, arrangements for home and away games.

The athletic fund budget, records of the Athletic Council, and the athletic fund bills and inventory shall follow a definite procedure for regular review by the board of education.

The annual athletic budget shall be prepared by the principal and director of physical education with the assistance of the faculty manager, equipment custodian, and the coaches. It shall be reviewed by the entire Athletic Council before being presented annually in November to the board of education for adoption.

The records of the Athletic Council shall be prepared monthly by the permanent secretary.

The inventory of equipment shall be made annually with special care being taken to report the condition of all equipment and recommendations of the Council relative to the items therein.

Athletic fund bills, checked for correctness by the permanent officers, shall be approved at the monthly meeting of the Athletic Council. The folder of monthly bills, after approval by the Athletic Council for payment, shall be forwarded to the assistant superintendent of schools (on the first Friday of the month) and returned to the faculty manager after the monthly board of education meeting.

Reports of the athletic fund and of the Council meeting shall be forwarded to the superintendent of schools (on the first Friday of the month) prior to the committee meetings of the board of education. Other reports (game reports, etc.) shall be forwarded when due.

AUTHORITY AND RESPONSIBILITY

The principal of the high school is directly responsible for the total school program. In making decisions relative to physical education and athletics, he has an obligation to consult with the director of physical education and with his staff members. His decisions following consultation are final and subject to review only by the superintendent of schools and by the board of education, meeting in official session.

Varsity teams at the Senior High School are considered an important part of the boys' physical education program. The entire program of physical education (class-intramurals-interscholastic) is under the general supervision of the respective director of physical education and he is the chief advisor on athletics to the principal.

Varsity coaches are teachers and are engaged to organize, coach, and supervise interscholastic teams with methods which have the approval of the principal and the director of physical education. Assistant coaches are directly responsible to the head coaches in each sport.

The equipment custodian shall be responsible for the care of the athletic equipment. He's responsible to the principal of the high school. A detailed job analysis of the director of physical education, the faculty manager of athletics, the equipment custodian, and the varsity coaches shall be approved by the board of education. Changes in these duties

(Concluded on page 91)



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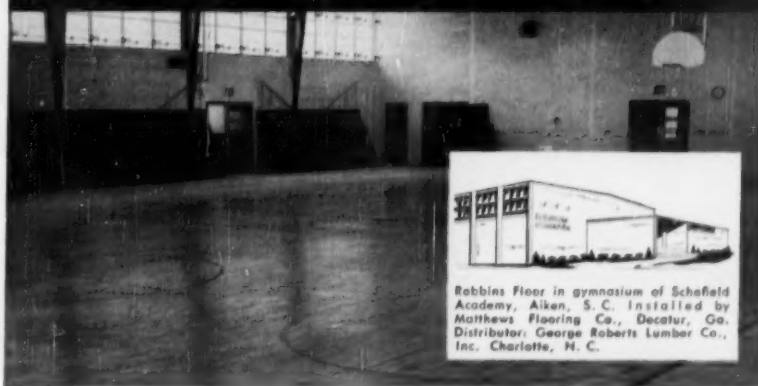
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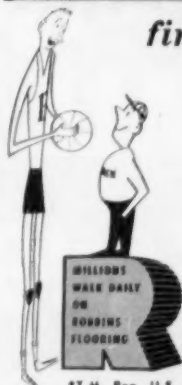
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A X-Country Relay Meet

By DAVE MATTHEWS, Bowling Green State University

AS ALL cross-country coaches and runners well know, high school distance running hardly qualifies as a glamour sport. It's pretty tough to get excited about a plodding race that few people come out to see and that they can't see much of when they get there.

It was with this thought in mind that Bowling Green University devised its annual Cross-Country Relay Meet—an ingenious competition that provides more thrills and rewards for the participants, more excitement for the spectators, and greater satisfaction for the coaches.

The idea of a cross-country relay meet first struck the writer in 1952. After much planning, it was catapulted into action the following fall. This first relay was an invitational affair, with entries limited to the teams which finished in the first ten in the Ohio State Cross-Country Meet the previous year.

Apparently the meet was a success—judging by all the requests for invitations that poured in the following year. It was then decided to make the relays an open affair, allowing any coach to enter his team.

By this time, you're probably curious to know what makes this such a distinctive meet. Following are the administrative details:

1. Each team is limited to five runners plus two alternates. On his entry sheet, the coach indicates the best two-mile race that each boy has ever run and the best time he has run for the present season. This allows the meet director to seed all the runners into five approximately equal groups.

2. After all the runners have been classified according to ability, a mimeographed scratch sheet is distributed at a coaches meeting which is held before the meet. At this pre-meet conclave, the coaches make all their changes or scratches. This is necessary, since runners often improve between the time the entries are sent in and the day of the race. The runners are then set up in flights, with the slowest group scheduled to run first and the fastest last.

3. Just before the start of the meet, flight number one is checked to see that all the runners have their numbers on and are in the correct flight. (Between each of the succeeding flights, the other runners are similarly checked in at the starting line.) Number one flight now takes its place on the starting line. No batons are used. Each boy has been previously escorted around the course and is familiar with the two miles he is to run.

4. When the gun is fired, all the runners in flight one take off on their leg of the race. Just as soon as they've gotten away, flight number two is instructed to get on the starting line, which is at right angles to and very close to the finish line.

5. The next part of the relays represents a marked departure from orthodox relay races. As the first runner of the first flight crosses the finish line, the entire second flight of boys is started off on the next two-mile race. This procedure is followed until the entire five flights have completed their legs of the relay.

6. As in most cross-country races, each boy is timed as he crosses the finish line. The final place of a team is determined by the total of all the times of the team members. For instance, if #1 boy ran his leg in 11:30, #2 in 11:00, #3 in 10:30, #4 in 10:10, and #5 in 10:00, the total time for the team would be 53:10.

For their awards, the runners receive eight-inch figure trophies. There are five each for the first, second, and third place teams (one for each boy), one each for the three best times, and one each to the coaches of the teams placing first, second, and third. Certificates are awarded to members of all the other teams finishing among the first 20.

The State of Ohio usually ranks among the top three or four in the nation in track and field. And it's the hope of the writer that this type of meet will motivate more boys to participate in cross-country, which, in turn, will help Ohio maintain its high ranking for many years to come.

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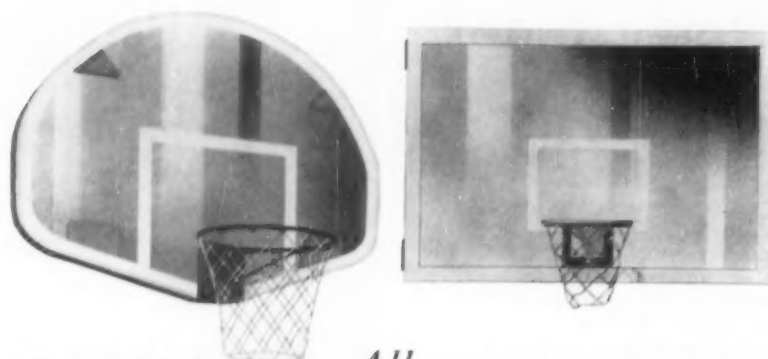
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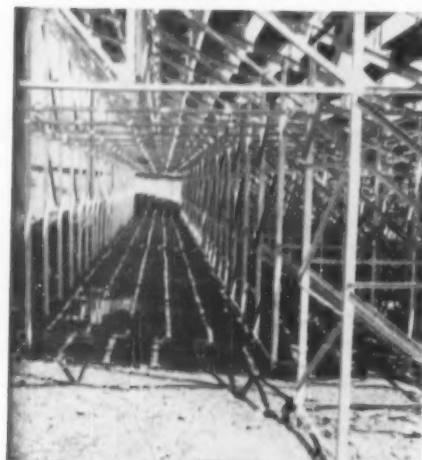
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Tips for Guards

(Continued from page 42)

in the same direction (whenever they pivot). The discerning guard will anticipate this turn in pivot situations. In fact, he'll often help induce it by some feint toward the opposite side. As the anticipated turn is made, the guard will step in close and either steal the ball or tie it up.

Many players develop a predilection for a particular shot and will invariably attempt it from the same spot. The guard can prepare for it whenever the opponent moves to this area. Knowing the kind of shot his man will use and where he will attempt it will save the guard several steps and allow him a certain amount of relaxation. He'll know when and where to extend his hands to block it, and won't be so likely to be pulled off balance by a fake.

Some players, when executing a shot from in close, have a tendency to make a quarter-turn toward the front rim; i.e., a player coming in on the right side and using his right hand, will turn, more or less, to his left. The smart guard will go up in the air with him and attempt to block the shot with his outstretched left hand.

Using the hand farther away from the shooter, helps minimize the danger of striking the arm. Sometimes the forward may turn far enough around to enable the guard to steal the ball or cause a held ball.

Beginners, in their anxiety to get started in the direction of their basket, are prone to turn and start dribbling without first locating the position of their guard. The experienced guard will move in close to the rear of the forward just as he catches the ball and plant his feet well apart with his arms out to the side. He can then expect the forward to crash into him. However, he must be sure to straddle the forward's rear, or pivot leg and not to make contact from the rear.

Until the guard has gained experience with this technique, he should utilize it only against less skillful opponents. An experienced player can make the guard look sad by making a wide pivot and going around him.

The forward who goes too far into a corner and stays there limits his sphere of action. By taking a good position on him, the guard can practically kill him as an offensive threat. He can block the path to the basket, leaving the forward only one direction in which to move freely; namely, out of the corner toward the mid-court—a fairly harmless maneuver.

Whenever the corner man remains anchored in that spot, the guard can sluff off him, particularly when the ball is on the opposite side. In this sluffed-off position, the guard can help double-team the post and pick up any men breaking in from the outside.

A word of warning is in order at this point: Some players have per-

fected a deadly shot from the corner and their guards cannot afford to play them loosely. They must always be ready to close in on them as soon as they get the ball. And when they do close in, they must be alert for the fake shot and drive, especially along the end line.

Whereas the smart ball-handler will cover up the direction of a pass with some sort of fake, the unwary passer will often look right at his target. The shrewd guard will use this knowledge to block the pass or intercept it with a quick lunge timed with the release.

The two-hand single bounce dribble is a pretty good weapon whenever a quick, short step is needed to clear a congested area. Otherwise it's a distinct liability, especially when it develops into a habit. Many players start taking that quick low dribble with both hands soon as they get the ball.

The perceptive guard will wait for it and then quickly move in on the forward and tie him up. For, once the ball hits the floor, the forward loses his mobility and must stay put with the ball.

EXPLOIT THE WAITERS

Many players have a habit of standing still and waiting for a pass instead of moving toward the ball. Guards should watch for this defection and be ready to exploit it by quickly stepping in front of the receiver and intercepting the oncoming pass. They must be careful, however, not to over-run the forward or the ball.

Ball-hawks like Bob Cousy, Dick McGuire, and Slater Martin are past-masters at this. They may be fooled once in a while, but it is a calculated risk. Their interceptions more than compensate for their failures. An alert defensive teammate can frequently pick up the receiver whenever the interceptive effort is missed, whereas an interception can frequently result in an easy basket.

Many rebounders have a habit of turning from the basket (not protecting the ball) after making a retrieve. The alert guard can quickly tie him up. He'll get close to him and quickly snatch at the ball the moment the man makes his turn and exposes the ball.

Clever rebounders who find themselves blocked out of a play will often concede the rebound and lay for the actual rebounder as described.

The opposing coach can also lay for such rebounders (who turn and expose the ball). He can assign two men to take him on rebounds. One guard can stay on the inside, close to him, to force him to make his habitual turn, while the other can stay on the outside and steal the ball when the turn is made.

Remember, boys are creatures of habit. Get them started on the correct habit patterns right from the beginning and you won't have to worry about them later on under actual game conditions.



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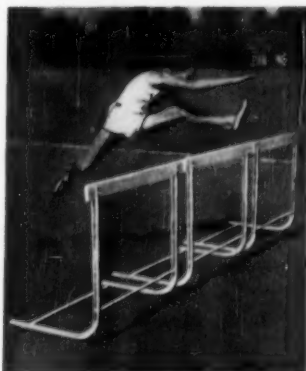
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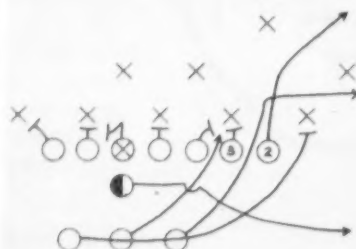


Adapting the Belly

(Continued from page 15)

interested in working either on the defensive halfback in the three-deep or the corner man in the umbrella. The end leaves the line of scrimmage at about a 15° angle, and as the halfback or corner man commits to the run, the end slides in behind him.

If the defensive man fails to commit to the run, then the end goes to a depth of about nine or ten yards and then out at a 45° angle, making sure that the inside safety on the 5-4 or the safety on the three-deep cannot cover him.



Pass Pattern Off Belly

Our backfield technique for the pass is very simple. The right half goes through the line between the 2 and 3 men and out into the flat at a depth of six to eight yards. The action of the quarterback and fullback is the same as on the wide Belly play. The left half comes straight across and hooks the defensive end in.

If the latter commits to the fake of the fullback, the halfback continues wide and protects for the quarterback. If the quarterback decides to run, he then leads interference.

Everything we've mentioned so far is fairly easy to key defensively, because once flow is established we always go in that direction. After two or three ball games last year, it was evident that we had to have some type of counter. We decided again to use our dive blocking principles for the line, and we called the play as a L.H. counter dive at 5 or 4 and to the other side as the R.H. counter dive at 7.

(See page 15 for diagram of L.H. counter dive.)

In our counter dive at 5 we're faking the Belly play to the short side. Our quarterback opens to the left and comes back at a 45° angle. He doesn't place the ball in the fullback's stomach. We expect the close-

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Critics point out the general excellence of Allen's selections, and the special asset of its variety of drills for all six major football fundamentals: Blocking, Passing, Tackling, Receiving, Running and Kicking. Approximately 400 drills for any formation are included in this volume. More than 230 line drawings and over 50 photographs describe and explain each drill.

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An added feature is its detailed instructions on how to organize the practice schedule, illustrating division of the practice field, daily time card, the time-study chart, and other essentials of a smooth-working team.

372 pages 5-5/8 x 8-3/8 Published 1954

FOOTBALL SCOUTING

By ROBERT C. "Sarge" MacKENZIE
University of San Francisco, Scout for the Cleveland Browns

One of the country's foremost scouts explains every phase of scouting in a way that any coach, experienced or beginning, can easily understand and readily use.

Scores of diagrams and drawings of actual game situations help explain how and how not to scout every position and team in any offensive and defensive setup... how to record and analyze what you see... how to put it to use.

Detailed coverage of Talent-Scouting and personnel evaluation is most complete and extensive to date. Covers three full chapters including many practical yardsticks that high school, college and pro coaches can use to measure potential players.

278 pages 5-1/2" x 8-1/4" Illus. Published 1955

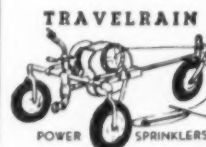
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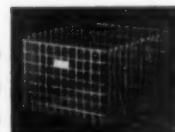
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ness of the fullback to establish the necessary fake.

Our left half dives immediately at the hole called, while our right half starts to his left and goes behind the left half. We found that trying to run both the fullback and right half in front of the left half made the play too slow. This particular play gained very well against UCLA in the Rose Bowl. Of course, the action of the right half counter dive at 7 is just the opposite.

There isn't any more to our Belly series. As you can see, we don't do as many things with it as the teams that use it as an entire offense. But we do feel that it certainly puts an added defensive burden on the teams we play.

Athletic Council

(Continued from page 85)

may be made by vote of the board of education and on recommendation of the Athletic Council.

It shall be the director of physical education's duty to make sure that copies of the complete analysis of duties are received and read by the individuals in the athletic program. It shall be a further duty of the director of physical education to interpret rules, regulations, and position responsibilities so that there will be unified understanding, harmony, and cooperation among those responsible for the proper conduct of the physical education and athletic program.

This unified approach to inter-scholastic problems permits all coaches and administrative personnel to promote the general welfare of students. Where duties and responsibilities are clearly outlined, understood, and developed in a sensible and democratic fashion, the Athletic Council becomes a forceful and functional reality.



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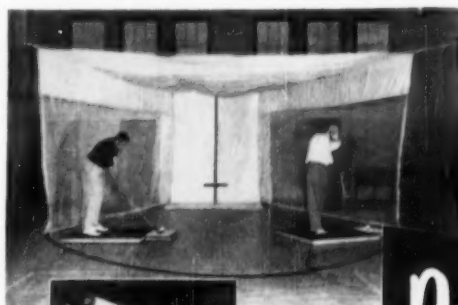
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Preparing the Football Playbook

By KEN GLORE

Coach, Ontario (Ore.) High School

ONE of the annual chores of the football coach is the preparation of a playbook for the members of his squad. The caliber of these playbooks varies. Some are sloppily mimeographed. Others are neatly multigraphed. A few are stunningly printed.

Coaches should put a lot of time and thought into the preparation of these books. Athletes who are given a set of carelessly drawn plays are bound to lose respect for and confidence in their coach.

This can be easily avoided. With just a little extra effort, every coach can prepare a neat, helpful, and attractive book. And it needn't cost very much, either. At Ontario last year, we made up 65 copies of a spiral-bound, multigraphed playbook (entitled *My Football Bible*) for only \$17.

The organization of a playbook should observe many of the rules used in preparing a textbook or thesis. It should contain a table of contents and possess a logical continuity. This will make for quick, easy reference.

The Ontario playbook is organized in six main sections.

Part I, "Introduction and General Information," is launched with a coach's message, as follows:

Varsity Football: In this book you'll find the Straight and Winged T formations to be used by the varsity team. This is your personal copy and it is to be used by you alone. It is to be returned to your coach at the end of the season or immediately upon your withdrawal from the team for any cause. Remember to take care of these plays and not fold them. This information is disseminated for your own benefit and should be treated as CONFIDENTIAL between you and your coach. Please do not make any copies or discuss the information with anyone other than your coach or teammates.

The rest of the section contains such vital information as traditions, a blocker's code, signal and huddle system, flanker strategy, importance of the starting count, how to split the offensive line, and backfield actions.

Part II covers "The Kicking Game," Part III, "Offensive Blocking System"; Part IV, "Offensive Pass Patterns and Pass Protection Blocking Assignments"; Part V, "Defensive Formation"; Part VI, Secondary Pass Defense System."

Blank pages are inserted throughout the book for personal annotations on individual duties and assignments.

Perhaps the most important part of every playbook is the diagrams. Since very few coaches qualify as profes-

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Melanco-Stretch Nylon Yarn
Which Allows Material to
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That Cannot be Equaled!

Write for Complete Information

FREE! Newest 1956 Football
Clothing Catalog avail-
able on request.



SAND KNITTING MILLS CORP.

BERLIN, WISCONSIN

sional artists, the plays tend to present a ragged appearance. While they may serve the purpose, they still detract from the overall appearance of the book.

It was with this thought in mind that we devised a plastic guide for making up our diagrams. Our shop class simply drilled 11 holes in a rectangular piece of plastic, in the form of our basic offense.

In drawing up our plays for the playbook, we simply put the plastic guide over the stencils and draw in the holes! This establishes a very neat and definite pattern of play-drawing that facilitates the problem of study.

We've been using this type of playbook for three years, with excellent results. The books are returned to us well-used but still looking neat and untorn. That testifies to the boys' pride in them.

Track All-American

(Continued from page 72)

can footballer last fall and he'll boom again.

Ralph Bass, a teammate of Barnwell at Boys High, was out of sorts most of the season and though he won the city championship it was with slightly slackened pace. Gary Merrill of Mesa, Ariz., a discus man, was consistent enough but about six feet back of the top group; while Eldon Francis, Medford, Ore. javelin tosser, couldn't regain his 1955 form.

Had the All-American selection committee kept shop open over the summer, it's possible that Angelo Coia, football great from Northeast H. S., Philadelphia, might have won a spot in both the 100 and 220. Under the tutelage of Eddie Conwell, former national sprint champion, Coia suddenly blossomed into a tremendous sprinter—recording times like 9.5, 9.6, and 9.7 in the 100 and consistently hitting 21 in the 220. A rangy 6-2 190-pounder, Angelo is headed for the Citadel this fall.

It's gratifying to note the progress in track in several states which failed to place honor men by narrow margins. Virginia, Florida, Georgia, Delaware, Arkansas, Wyoming, and New Mexico in particular come to mind.

Also gratifying is the fact that hamlets such as Glens Falls, N. Y.; Tyrone, Pa.; Corcoran, Cal.; Willits, Cal.; Rockland, Mass.; Thorndale, Tex.; Solon, Ohio; Placerville, Cal.; Roanoke, La.; Bothell, Wash.; Brookfield, Mo.; and McDonald, Ohio have given us such fine athletes.

It speaks well for the athletic programs of their states and their schools. America is full of such hamlets.

Billy Pierce took a shower... then he used Vitalis



White Sox left-hander Billy Pierce rarely goes to the shower before the game ends.

New greaseless way to keep your hair neat all day

After exposure to water, wind or sun, Vitalis restores hair's normal moisture balance better than leading cream or oil tonics. It makes even thick, unruly hair easy to manage. Yet you never have an oil-slick look, because Vitalis

contains V-7, the greaseless grooming discovery. Try new Vitalis—you'll like it. (And so will your teammate.)

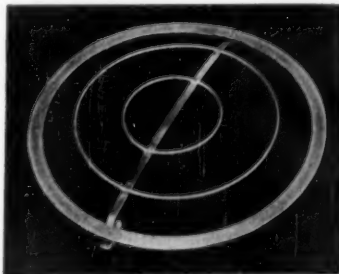
VITALIS® HAIR TONIC WITH V-7.

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Price \$9.75 plus postage

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THESE BLINDERS will accomplish more in three months than three years without them. They implant the fundamentals of dribbling TOUCH-PRESSURE RHYTHM. Saves coaching time; the boy teaches himself without supervision. Made of non-breakable plastic, there is no danger to the eyes when used.

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NON-BREAKABLE: Our basket is unbreakable. It is not made of cast steel, but built of cold rolled steel and electrically welded. It can be dropped many hundreds of times without breaking.

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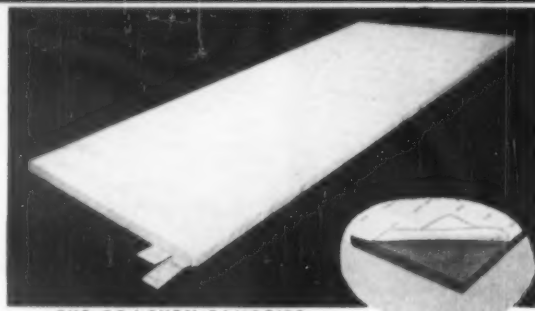
Here are the towels proved by the time test of performance and value. Famous McArthur Super-Gym and Super-Turk Towels are good for 350-500 uses and launderings . . . because of the use of finest quality, triple-twisted two-ply yarns; heavy woven tape selvage edges; full 20" x 40" shrunk size. It all adds up to better towels at lower cost. Specify McArthur for your best school towel buy. Write today for information.

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West Point Program

(Continued from page 32)

the cadet's condition and returns him to active participation after a program of reconditioning exercises—if such exercises are indicated.

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Any program of such scope requires a vast amount of facilities and equipment. The Academy meets this need completely. It has five fully equipped gymnasiums, three pools, magnificent boxing and wrestling rooms, a 40' x 17' correctives room, a 96' x 24' special exercise room, and many other large, extensively equipped, immaculately maintained facilities.

The outdoor facilities are just as magnificent. Every sport on the program can be accommodated. In addition to the regular intercollegiate facilities, the plant includes two special intramural fields. One is a 14-acre area featuring six lacrosse or soccer fields and two football fields, while the other area possesses four full-size football fields which can be used for softball in the spring.

Also of vital importance are a huge locker room featuring 1,240 lockers and 116 shower heads, and perhaps the most fully equipped storage room in the land. The equipment and uniforms for the entire program are magnificently laid out in this room.

For example, the football needs of the physical education program are accommodated by 1,552 ankle wraps, 648 helmets, 600 pants, 732 pairs of shoes, 571 shoulder pads, 670 hip pads, 2,175 jerseys (includes those used for soccer), and 65 balls!

All this is quality equipment. As Lt. Col. F. J. Kobes, director of physical education, states: "Buying cheap equipment is expensive. Quality equipment holds up much longer and provides far superior performance."

All this equipment is furnished from government funds. The cadet is merely asked to buy personal accessories.

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- ☐ Catalog of Playground Equipment
- ☐ Catalog of Pool Equipment

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- ☐ Coaches and Trainers Handbook

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- ☐ Aluminum Standards

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(Inside Back Cover)

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- ☐ ratus Equipment

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- ☐ Booklet, "How to Play
- ☐ Basketball," by Wooden
- ☐ Booklet, "How to Play
- ☐ Football," by Wilkinson
- ☐ How many

RAWLINGS (3)

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- ☐ marking fields)

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